

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

November 14, 2007

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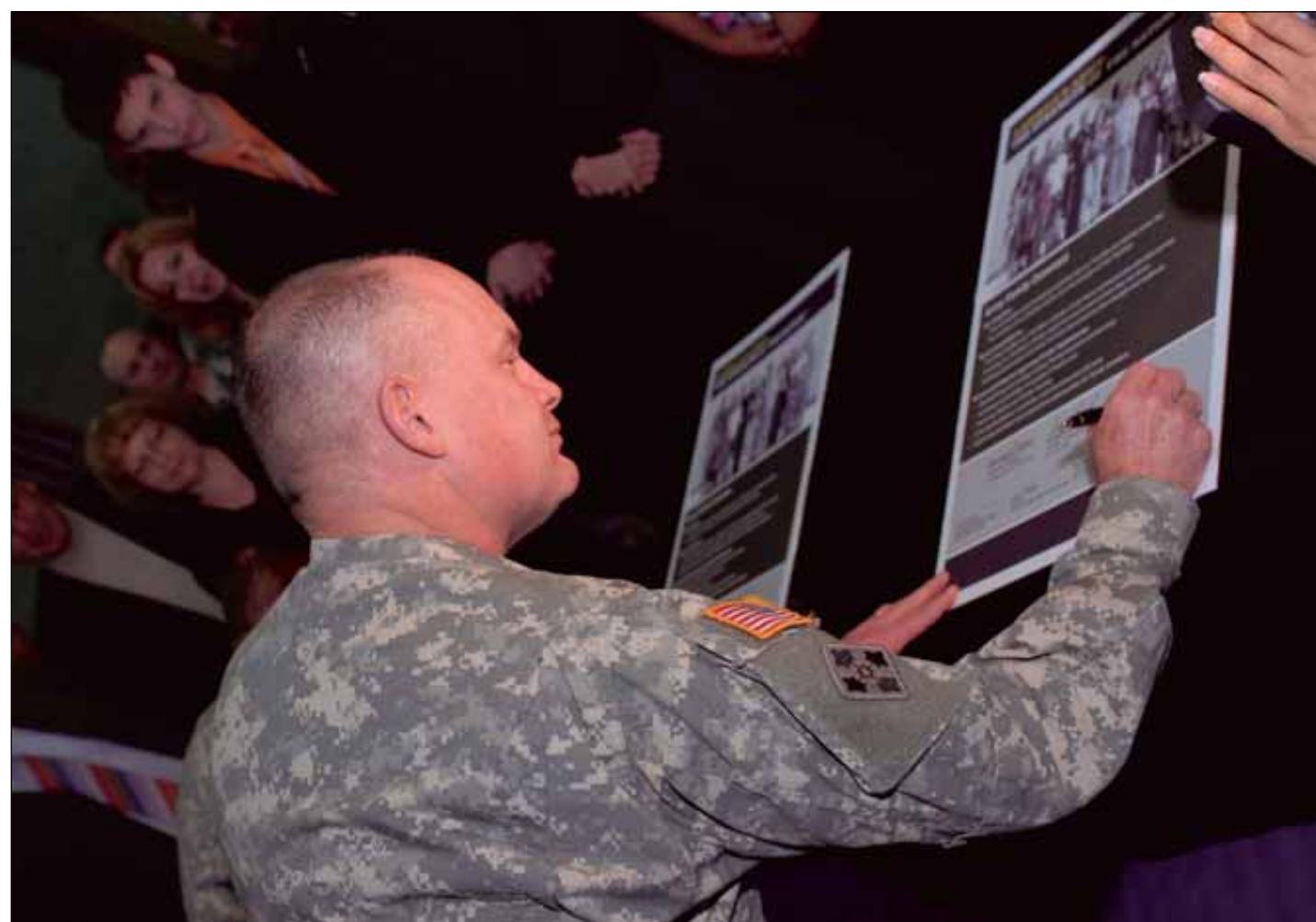
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Join thousands of
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Committing to the Homefront



Brig. Gen. David Hogg signs the Army Family Covenant Nov. 5 in the Vilseck Memorial Fitness Center. Army installations in the U.S. and Europe have followed suit in a show of solidarity to military families. For coverage of the signings at Garmisch, see Page 10; at Hohenfels, see Page 12; at Ansbach, see Page 21, and at Schweinfurt, see Page 28.

Photo by Lt. Col. Eric Bloom

Covenant promises \$1.4 billion to improve Army Family quality of life

by ADRIANE FOSS

Editor

Senior leaders at the U.S. Army Garrison Grafenwoehr signed the Army Family Covenant Nov. 5 and pledged to support Soldiers' Families while they defend the nation. U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle and 7th Army Joint Multinational Training

Command's Brig. Gen. David Hogg signed the covenant—a \$1.4 billion commitment to improve the quality of life for Army Families—during a ceremony at the Vilseck Memorial Fitness Center.

Signings have taken place at Army installations throughout Europe as a show of force and solidarity, "reaffirming the many actions that

have already taken place to improve the quality of life for our Soldiers and their family members and our continued commitment to make Europe a positive assignment for our Soldiers and their families," said Boyle, before introducing Hogg.

Hogg explained to attendees that "it is clear to us that the families were the most stretched, and as a result, the

most stressed, part of our force and that what we were asking those families was a quantum different than anything I expected we would ask."

He quoted Chief of Staff of the Army Gen. George W. Casey Jr., noting that "our Army has recognized the strain, and has begun to move resources into the support of families.

See HOGG, BOYLE Page 3

Safety Check!

Time to put on snow tires

by MICHAEL SCHWARZ
USAG Grafenwoehr Safety Officer

For the most part, driving conditions are different here in Europe than they are in America.

Europe's narrower roads, higher highway speed limits, twisting roads, and winter weather require more emphasis be placed on precision and handling than most American roads.

Because of this, European cars come from their vehicle manufacturers equipped with "summer" tires and are usually fitted with a set of four dedicated winter tires when the weather requires.

The "all-season" tire that has become popular in the United States has done so because our wider roads, lower speed limits, straighter roads and snow removal in most urban areas allow tires to live with some compromise rather than be dedicated to the conditions.

An all-season tire is adequate for mild winter conditions prevalent in Bavaria, particularly when the tire is new. The best indicator for the vehicle

owner is past experience.

If you plan to keep the vehicle more than three years, the purchase of snow tires makes sense, as they replace a future set of all-season tires you will have to buy anyway.

Three principal characteristics distinguish a winter tire from an all-season tire.

The winter tire is made of a softer, spongier rubber that grips better in colder weather. That's also why it has to be removed for summer use to avoid wearing it out.

The rubber used in a summer tire becomes hard at 50 degrees Fahrenheit. An all-season tire will stay flexible to 14 F, and the rubber on a winter tire should stay flexible to -22 F.

The grooves in the tire are deeper, and its large blocky treads bite into snow more aggressively. A winter tire offers significant safety advantages over an all-season tire. Performance is enhanced in deep snow and slush. In comparison tests, the best winter tires stopped between 30 and 60 feet shorter

See SNOW TIRES Page 3

Graf Torch Club seeking toy, clothing donations



Grafenwoehr Teen Center, Bldg. 503 2-7 p.m., Monday through Friday. Numbered picture cards of the orphans are available. Donors must sign for the card, purchase a gift, and return the card and present to the Teen Center. The Christmas event will take place Dec. 15-16 in Most. Anyone interested in attending should consult with Jim Dicks by calling DSN 475-7441 or CIV 0171-710-6647.

Collection points will be at the Vilseck Commissary and the Graf Teen Center through Dec. 7. Help make this year as successful as the previous ones with your contributions for a worthwhile cause for those less fortunate.

Courtesy photo

The Torch Club Dragons is now conducting their annual clothing and toy drive for their annual Christmas project at the Detsky Domov Orphanage and Baby Clinic in Most, Czech Republic. Anyone interested in donating can stop by the

Q&A

What are *you* thankful for this Thanksgiving?



Jaime Segarra Jr.
(Hohenfels)

"My family for being supportive, and that we are happy and blessed. I also want to thank the Soldiers in Afghanistan and Iraq in support of freedom."

Pfc. Monique Jacobo
(Hohenfels)

"This Thanksgiving I'm thankful for my family, my health, and my career choice. Also for the people that have helped me along the way."



Glen Pietras
(Hohenfels)
"I am thankful that I have a fantastic and loving family, great friends, and work for a super organization, allowing me to serve the best Soldiers and family members."

Staff Sgt. T.J. Horton
(Hohenfels)

"I am thankful for all the Soldiers who have volunteered their time to help the community with the holiday toy drive."



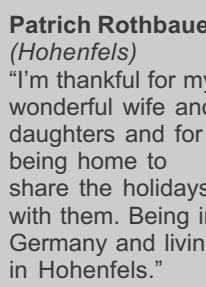
Spc. Chinwe Okafor
(Hohenfels)

"I am thankful for making it through the year and accomplishing every mission sent my way."



Patrick Rothbauer
(Hohenfels)

"I'm thankful for my wonderful wife and daughters and for being home to share the holidays with them. Being in Germany and living in Hohenfels."



Cpl. Peter Suh
(Hohenfels)

"I'm thankful for fellow Soldiers and leadership who have provided excellent guidance and to the Army for selecting me to attend the Warriors Leader Course."



Make a difference with sponsorship

Veterans Day

Happy Belated Veterans Day. Because we publish this paper biweekly, it just happens that this year Veterans Day fell on an unpublished week.

As most of you know, Veterans Day was originally Armistice Day and was designed as a Day of Remembrance for the Veterans of World War I.

In 1954, President Eisenhower proclaimed that Armistice Day would forever more be proclaimed Veterans Day and he asked us to "solemnly remember the sacrifices of all those who fought so valiantly on the seas, in the air and on foreign shores to preserve our heritage of freedom."

Today, many members of our community continue this service in the struggle for peace and democracy, fighting on battlefields far from their loved ones. If you remembered them on Veterans Day – great. If not, think of them today helping preserve our way of life.

S-Bus

USAREUR recently made a decision to change the way Soldiers and family members



arrive in Europe. The plan is for Soldiers and their family members to end up in the end state community the day they arrive in theater.

This can make some long days for families but the intent is clear – be at your home station garrison the day you arrive. This of course has an impact on the community and on the units.

We now have two S-Buses coming from airports to our community a day. The late bus often arrives after 9 p.m. We will flex staff and ensure no family is left alone when they arrive.

Units need to help us too. Sponsorship remains a unit responsibility. When notified that you have Soldiers and family members due in, tactical units must identify sponsors and have them meet our new arrivals when they arrive.

Their presence and ability to navigate the nuances of our community will make a tremendous difference for our new families.

Caught Making a Difference

While I don't often do this, a family or set of families recently made a difference in the community.

Bldg. 271 is a stairwell in Grafenwoehr. During the recent fall cleanup a family or families, many with spouses deployed to Iraq, went out of their way to make a difference by cutting the lawn, improving the flower beds,

and raking the leaves. I thank these folks for making a difference in their area and for the entire post, and I challenge everyone to repeat this example around the community.

CFC

The Overseas Combined Federal Campaign is in full swing right now. You can help create a better world by contributing to the many worthy organizations supported by the CFC-O. Take the opportunity to help make the world a better place, by contacting your unit S1 or Christine Nunez at DSN 475-8432, or stop by Bldg. 244 Room 239.

In summary, I would invite all personnel to come meet the Seattle SEAGALS cheerleading team. They are scheduled to visit the Grafenwoehr area Nov. 24. Come to the Graf PX from 1-2 p.m. and then enjoy the show at the Graf Physical Fitness Center starting 5 p.m. The show is family-friendly and open to all ID card holders.

Take sponsorship seriously and make a difference in our newcomers life, clean up you area and continue to help me make this the best place to live and serve in Europe.

Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr

Columbia president claims 'freedom of speech' by ousting ROTC, bringing in Iranian president



**TANYA
BIANK**

If there's an Idiots in Academia award, I'd like to nominate Lee Bollinger, the president of Columbia University. The professor and university president used poor judgment and a lack of sensitivity when he invited Iranian President Mahmoud Ahmadinejad to speak on campus September 24. Bollinger continues to receive criticism for his decision.

While Bollinger verbally flogged his "guest" during a lengthy tirade that was supposed to serve as an introduction, he also defended his decision to invite the head of a terrorist state who refuses to adhere to international nuclear weapons verification standards, publicly denies the Holocaust, calls for the destruction of Israel, and is responsible for the deaths and disfigurement of many of our service members in Iraq.

"This event has nothing whatsoever to do with any 'rights' of the speaker," a bespectacled Bollinger said while standing on stage just a few feet from Ahmadinejad. "But only with our rights to listen and speak. We do it for ourselves."

We do it for ourselves? We might as well

give ourselves a migraine and a punch in the gut, too. I don't need to listen to a leader whose country, according to Human Rights Watch, leads the world in executing children.

If you want "robust debate" as Bollinger calls it, invite Michael Moore and Bill O'Reilly to share a stage.

Trying to legitimize Ahmadinejad's visit, Bollinger said: "We need to understand the world we live in, neither neglecting its glories nor shrinking from its threats and dangers."

If Bollinger doesn't want us to shrink from the world's threats and dangers perhaps he should spend time with a squad of 20-something-year-old Soldiers on patrol in Iraq or better yet, deliver his diatribe to Ahmadinejad on his own turf in Iran, where academics are routinely jailed for speaking out.

Instead, Bollinger pontificated from the shelter of American academe. I counted nine "free speech" references along with a sprinkling of "academic freedom," "freedom of inquiry," and "tradition of openness" phrases in a transcript of Bollinger's remarks in support of the Iranian dictator's presence on campus.

Under the premise of free speech, R.O.T.C., which trains the nation's future military leaders, should be allowed on campus. Instead, R.O.T.C. has been banned at Columbia since the Vietnam War. In 2003 a polling of Columbia students found the majority supported lifting the R.O.T.C. ban. But in 2005, Bollinger voted against a university senate body resolution that would have returned R.O.T.C. to campus. So at Columbia, it's free speech for a dictator killing

our troops and no free speech for young Americans who want to honorably serve their country as leaders in the military.

Perhaps most repugnant, was this statement from Bollinger: "Third, to those among us who experience hurt and pain as a result of this day, I say on behalf of all of us we are sorry and wish to do what we can to alleviate it."

That's rather hard to swallow. I doubt there is much Bollinger can do to alleviate the suffering of American wives who lost their Soldier-husbands to Iranian-funded 240-mm rockets. I doubt there is much Bollinger can do to alleviate the sorrow of families who lost loved ones in the Holocaust. And I doubt there is much Bollinger can do to alleviate the suffering of the jailed scholars and journalists in Iran.

Bollinger ended his remarks with this: "I am only a professor, who is also a university president, and today I feel all the weight of the modern civilized world yearning to express the revulsion at what you [Ahmadinejad] stand for. I only wish I could do better."

Well, President Bollinger, I am only a writer, who is also an Army wife, and today I feel the weight of my conscience yearning to express the revulsion at what you've done by inviting this terrorist to your university. I only wish you really could have done better.

Tanya Biank is a journalist and syndicated columnist with CinC-House.com. Tanya's book "Army Wives" is the basis for the Lifetime TV drama "Army Wives."



"Beach Days" by Shavonne Wilson
5th Grade, Grafenwoehr Elementary

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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Meet Grafenwoehr's new SLO

by KATIE COWART
Assistant Editor

U.S. Army Garrison Grafenwoehr has a new School Liaison Officer: Ann Bruennig.

Bruennig, a native of Graham, Wash., described her new position as "being a liaison between the community, schools and the command."

"I've been in the community for a little over four years and have been through various transitions while



Bruennig

here," Bruennig said. "I feel that I have an understanding for what the families, schools, and community need."

Prior to stepping into the role of SLO, Bruennig served as the Vilseck Middle School Teen Center director for two years and the Vilseck School Age Services director for two years. She said that she wanted to be the SLO because "I wanted to have contact with more families in the community."

She encourages parents to come

talk to her about anything, saying that she is there to listen and offer suggestions. Her mission: To help the families receive the best possible education and child and youth support.

Not only is Bruennig offering support and advice to parents, but she's learning lessons while being in her position.

"There are tons of options for students and families to take part in. There are great after-school activities and clubs, not to mention CYS Youth Sports and CYS programs for additional family support," she said.

She also stressed the importance of parental involvement in a child's education.

"An education will last your child a lifetime," she said. "It's something they can take with them wherever they go. Get involved!"

Bruennig graduated with a bachelor's in kinesiology from Washington State University and obtained her master's in physical education. She, her husband, and son have been in Germany since 2003.

To reach Bruennig, call DSN 475-1770 or CIV 09641-83-1770, or stop by her office in Bldg. 539, room 214.

Spotlight on Education



Name: Teri Follett-Motton

What grade /subject and where do you teach? READ 180 and Math Coach at Graf Elementary School

Hometown: Glendale, Ariz.

How long have you been a teacher? 11 years

What do you like best about teaching?

I enjoy being part of a student's life. I want them to be able to look back and be able to tell a story about a positive school experience they had while in school.

What advice can you give students to help them succeed in school? No matter what happens in your life, no one can take away your education and learning!

VES students join in St. Martin's celebration

Story and photos by KATIE COWART
Assistant Editor

"Ohhhh, it's snowing!" were the excited words of one little girl from Vilseck Elementary School at the beginning of the St. Martin's Lantern Walk that VES participated in with the kindergarten class of Sorghof Nov. 9.

The walk was in celebration of the festival of St. Martin, an annual German festival held Nov. 11. That night, the children of the town will carry a lantern and sing special songs in remembrance of Bishop Martin who did that day around 400 A.D.

During the walk, a man posed as St. Martin, dressed in a long red cloak and riding a horse, leads the procession of singing children through the streets of Sorghof as they sang along behind him.

Dorothee Baer was the organizer of the event from the VES side.

"As a cultural experience, we try to get German and American kids together as much as we can," Baer



said. "A lot of American kids visit the German kindergarten in Sorghof. Our students get the chance to practice what they learned in German class."

Many of the German students had homemade lanterns, since the lantern is an important part of the walk. Many of the songs they sing are about their lanterns.

Prior to the day of the walk, the VES students learned about the history of St. Martin and why German children still celebrate it each year.

According to legend, when Martin was a soldier, he encountered a freezing beggar on a winter day. Since he did not have any money to give to

the man, he took his sword and cut his cloak in half to share with the beggar.

They also had the chance to practice the songs that would be sung while walking.

"The kids (were) really excited to go," Baer said, "we had about 100 students who signed up!"

(Above) Sorghof kindergartners' lanterns that lined the stage in the ceremony before the walk.

(At right) St. Martin waits outside in the snow to lead the children around town.



Hogg, Boyle sign Graf covenant

Continued From Page 1

We are listening to our families, and we are acting other guidance. We have much left to do, but we have made headway."

Hogg assured the families in attendance that he, along with the Army's senior leadership gets it.

"They understand and are focused on getting resources to make your life better," he said. Hogg explained that the push to improve the lives of Army families did not begin with the signing of the covenant, but has been a work in process for a long time.

"And we will continue to fight for more resources the coming years," he said.

In the last two to three years alone, the Army has privatized and improved almost 80,000 homes on 36 installations and opened 40 new childcare centers, with another 22 on the way. The Army also recently spent \$50 million to hire new healthcare providers for Soldiers and their Families, and is working with lawmakers to help Army spouses gain priority for civil service jobs. There are also now Family Readiness Support Assistants at the battalion level. Both Hogg and Boyle explained that the \$1.4 billion would still have to be approved by Congress.

"I am fairly confident we will get this

authorization from Congress but I don't want anyone to leave here thinking it is a done deal," said Hogg. "We are dependent on our representatives to authorize us this money."

During the initial Army Family Covenant signing Oct. 17 at Fort Knox, Ky., Casey said the Army wants to provide Soldiers and their families with a level of support commensurate with their level of service, and the covenant is in direct response to concerns from Army Families. He said they are concerned about funding and support for family programs, physical and mental healthcare, housing, education and childcare and employment opportunities for spouses.

Army wife Karin Denny attended the Vilseck ceremony and said she was excited about the program.

"If there's one part that affects me, then there's a part that will affect someone else. So it'll affect everyone in some aspect," said Denny.

She said the most important element of the new program would be the funding.

"It will make things happen," she said. "This will get us back up to the level where we need to be, if not beyond. If the funding comes in during the (Vilseck-based 2d Stryker Cavalry Regiment) deployment, it's going to be a huge help to the spouses who are

essentially single parents right now."

The Army Family Covenant

We recognize the commitment and increasing sacrifices that our families are making every day.

We recognize the strength of our Soldiers comes from the strength of their Families.

We are committed to providing Soldiers and Families a Quality of Life that is commensurate with their service.

We are committed to providing our Families a strong, supportive environment where they can thrive.

We are committed to building a partnership with Army families that enhances their strength and resilience.

We are committed to improving Family readiness by:

- Standardizing and funding existing Family programs and services

- Increasing accessibility and quality of healthcare

- Improving Soldier and Family housing

- Ensuring excellence in schools, youth services, and child care

- Expanding education and employment opportunities for Family members.

Calling all youth artists!

Annual Boys and Girls Club Fine Arts Exhibit to be held Nov. 26-30

by ANN BRUENNIG
Special to the Bavarian News

Calling all youth enrolled and active in CYS programs! We are looking for art work!

Nov. 26-30 will be the Annual Boys & Girls Club of America Local Fine Arts Exhibit. Art work in any of the following mediums will be accepted as long as they are no bigger than 30 inches by 40 inches: monochromatic drawing, multicolored drawing, pastel, watercolor, oil or acrylic, print making, mixed media, collage, sculpture, or group project.

There are four age categories that start at: nine or younger, 10-12, 13-15, and 16-18.

All art work will be judged by a select group of judges from the local community. In the event that your art work is selected, it will be forwarded to the Regional Fine Arts Exhibit. Selections from the region will go to the National Fine Arts Exhibit in the States.

Last year we had four pieces selected as finalists at the Regional Fine Arts Exhibit in Japan; one from

Megan Moore, two from Sierra Siebert, and one from Alex Pierson.

At the National Exhibit, Pierson's was selected as the Finest Mixed Media work in the 13-15 year age category. We hope to see more wonderful art work come for this year's exhibit, but in order to get into the contest you must:

- Be registered with Child & Youth Services

- Produced the art work with in the last year on your own

- Deliver your art work to either Vilseck or Graf School Age Services program or Middle School/Teen Program by Monday

For more information, contact the Vilseck Middle School/Teen Center at DSN 476-3144 or CIV 09662-83-3144, Vilseck School Age Services at DSN 476-2556 or CIV 09662-83-2556, Grafenwoehr School Age Services at DSN 475-6161 or CIV 09641-83-6161, Grafenwoehr Middle School/Teen Center at DSN 475-7441 or CIV 09641-7441, or SaKeeta Lewis at DSN 476-3376 or CIV 09662-83-3376.

We look forward to seeing all the great art at this year's exhibit!



Graphics courtesy of CYS

Shown are two entries in last year's local Fine Arts Exhibit. Art work for this year's exhibit must be submitted by Monday to be included. Call the numbers listed above for more details.

Snow tires keep you safe in winter weather

Continued From Page 1

than all-season tires from 50km/h.

You're less likely to get stuck in a parking spot or to be unable to start on a steep hill. The advantages become greater as tires wear and the all-season model starts to perform like the proverbial banana peel.

The disadvantages of winter tires are the additional purchase cost and inconvenience related to storage and twice-yearly changeover.

With winter approaching, it's time to change to winter tires.

Photo by Katie Cowart



Army hosts PT program for pregnant Soldiers

Story and photo by
KATIE COWART
Assistant Editor

With the number of female Soldiers increasing, the Army realized the need for a specialized physical fitness program for pregnant and postpartum Soldiers.

In 2002, with female Soldiers making up 15 percent of the Army and 8.2 percent of those Soldiers becoming pregnant annually, the Army standardized a special PT program through the Community Family Support Center Army Family Action Plan.

The pregnancy and postpartum physical training program is coordinated through the U.S. Army Center for Health Promotion and Preventative Medicine and is vital for Soldier retention, said Tracy Svalina, the U.S. Army Garrison Grafenwoehr health promotion coordinator.

"The PPPT is an alternative PT program for pregnant and postpartum Soldiers. It provides specific exercises and fitness levels to accommodate their current condition," Svalina said. "The overall goal of the program is to provide a safe, standardized physical training program with a long-range objective of Soldier readiness."

The program has two aspects - the physical training component and the educational component. Soldiers meet four mornings a week to work out, with exercises led by Staff Sgt. Keneidra Hargrove, who has been a participant in the program as well.

"I use myself as an example to the Soldiers to let them know this program works. I have had two children in this program. If you work hard and dedicate your time and use



Sgt. 1st Class Deitra Alam - 20 weeks pregnant, Pfc. Corey Tilson - 15 weeks pregnant, Spc. Ruth Millhouse - 37 weeks pregnant, and Pfc. Angel Smith - 12 weeks pregnant, work on their squats during a PT session.

it wisely, you get great results out of this program," Hargrove said.

Hargrove explained that keeping up with PT throughout the entire pregnancy is encouraged, as long as the Soldier has been cleared medically to do so.

"Pregnant Soldiers can do sit-ups and push-ups throughout the entire pregnancy. As the baby grows, those exercises are done in modified positions.

"Running during pregnancy is based on an individual bases as long as there are no risks to the Soldier and baby," Hargrove said.

"I did great PT the morning of the

afternoon I went into labor and I had a great and easy delivery," she added.

On Thursday mornings, the Soldiers get a break from the physical exercise to learn about healthy pregnancy, childbirth, and raising children.

Svalina, who heads the education portion of the program, said that they have had speakers from TRICARE, the Safety Office, New Parent Support groups, and the Passport Office.

Staff Sgt. Krista Buchanan is a participant in the PPPT program and said she appreciates the educational opportunities.

"It has clarified passport issues and

command sponsorship issues," Buchanan said. "I have learned a lot."

The physical part of the program works on keeping the Soldier in shape through general exercises that are modified when necessary. Svalina said the participants also work on centering and balance.

Spc. Ruth Millhouse, who is 37 weeks pregnant, said the physical was the most important part of the program for her.

"It has helped me in every way I can think about. I joined to stay in shape and learn more about being a mother," Millhouse said.

The PPPT program continues

through 180 days after the Soldier gives birth. During this stage, the focus turns to getting the Soldier ready to pass the Army physical fitness test and returning to a normal PT routine.

"In the past, female Soldiers have completed their 180-day postpartum recovery and have failed their APFT," Svalina said. "This provides postpartum Soldiers with specific training to pass the test within the six-month period."

She continued on, saying that "it's all about having that Soldier ready to go and ready to fight after that 180 days."

Hargrove explained that they push running in the postpartum period to ensure a smooth transition into regular PT.

"The success rate for this program gives a positive result for Soldiers who think they'll never be able to lose the weight or score as high on an APFT. We receive copies of the last APFT card so we can monitor their progress after delivery in order to get them back or exceed their previous scores. We give diagnostic APFTs along with the Soldiers' unit to monitor progress," Hargrove said.

The program at Grafenwoehr, which is through Garrison Grafenwoehr Headquarters and Headquarters Company, was formalized in September, though it had been running unofficially since May. Ansbach also has a program through the 12th CAB unit. Vilseck is slated to start a program in the future, which will be conducted through the 2d Stryker Cavalry Regiment.

To enroll or for more information, contact Tracy Svalina in Grafenwoehr at DSN 475-8433 or Karen Lewis in Ansbach at DSN 468-7863.

Healing warriors 'hooah' new Warriors in Transition program

by NICK D'AMARIO
Acting PAO, USAG Grafenwoehr

Col. Brian Boyle, Grafenwoehr garrison commander, hosted the first Warriors in Transition monthly town hall at the Vilseck Chapel Nov. 7.

Currently, 19 Soldiers are enrolled in the WT program, with three more coming.

Their presence was evidenced as they occupied the first two pews of the chapel and Hooah-ed Boyle's overarching message of "let there be no doubt that in this community, it (WT program) will work."

As reported in the Oct. 17 issue of Bavarian News, a Warriors in Transition Unit was activated in Vilseck as part of the new Army

Medical Action Plan which will allow Soldiers to receive extended medical care and heal in Europe, and not have to return to the U.S.

While current facilities supporting the WT program are all in relative proximity within Rose Barracks, there are plans to tighten up their proximity pending the construction of a new \$16.5 million complex starting in 2009.

No less than 25 Soldier and Family Assistance Center agencies are dedicated to supporting the WT program, with the lion's share of them under the direct oversight of Boyle.

SFAC agencies have two key intents:

■ Provide a one-stop location for

support to Warriors in Transition and their families

■ Provide tailored and responsive core services. These services will be provided on-site, brought forward to the SFAC, or facilitated through priority off-site appointment.

SFAC services provided will include providing information and referral services to Soldiers and families, transition and employment assistance, social services, legal assistance, military personnel services, pastoral care, education services, invitation travel claims for families, and numerous others.

As far as any responsibility residing with Soldiers in the WT program, Boyle said, "You have one job, and that is to get better."



This building, which used to be the Bayreuth House as part of the Krystall Inn, is currently undergoing renovations to become more handicap accessible.

Photo by Katie Cowart

New policy speeds up move to duty station

by Sgt. AIMEE MILLHAM
U.S. Army Europe Public Affairs Office

Soldiers and their family members arriving for assignments in U.S. Army Europe will no longer have to wait days to reach their final destinations.

As of Oct. 1, troops began reaching their new USAREUR duty stations the same day they arrived in theater. This went into effect Nov. 1 for U.S. Army Garrison Grafenwoehr.

"When you get here and you're in that travel mode, you're dead tired," said Col. David MacEwen, commander of USAREUR's 1st Personnel Command. "And to have to stop in the interim, unload all your stuff, and partially unpack is a hassle."

In the past, Soldiers have had to spend a night with the 64th Replacement Detachment at Pioneer Kaserne in Hanau, Germany, before an initial briefing early the next day and before being bused to their units of assignment.

"When they come in, they're beat, especially if they have three or four kids and pets, plus the jet lag," said Sgt. Robert Wilson, USAREUR liaison at the Frankfurt International Airport.

Wilson said he's glad he'll now be a bearer of good news to families when he tells them they'll be going to their

new community the day they arrive.

"It'll certainly cut down on the tension and stress of travel," said Stephanie Brunkhorst, after landing with her husband Sgt. Adam Brunkhorst, their two-month-old daughter Theresa Jazmin and three carts full of luggage.

The change in the reception process is in accordance with USAREUR Commanding General Gen. David McKiernan's intent of getting new Soldiers where they need to be as soon as possible.

Moving and travel are not easy, so there's no doubt this is the best way to take care of Soldiers and families," MacEwen said.

Soldiers will still go to Hanau from the airport, but Soldiers coming to the



Shortly after the new in-processing policy went into effect, buses full of new Soldiers and families started arriving twice a day at Bldg. 700 in Vilseck.

Photo by Katie Cowart

Grafenwoehr area now leave Hanau at 11:30 a.m. and 3:30 p.m. Monday through Friday. These buses arrive at Bldg. 700 in Vilseck at approximately 3 p.m. and 8:30 p.m. respectively.

"To ensure Soldiers and families receive the proper reception upon their arrival, it is extremely important that our supporting units have strong sponsorship programs in place to meet the demands of welcoming and receiving new personnel twice daily," said Hiram Hurley, the garrison central processing facility coordinator.

Changes to the reception program are expected to continue through next year, the colonel added, noting that by the first of the year USAREUR leaders hope to have a reception facility close to or on the airport.

Hosted by the Vilseck and Grafenwoehr Community and Spouses' Clubs

Crown Jewel Bazaar

November 30 - December 2, 2007



Bazaar Location:

Vilseck, Memorial Fitness Center and
2nd Squadron Motorpool, Bldg. 660

Ribbon Cutting:

Friday, Nov 30, 11 a.m.

Opening Hours:

Friday, Nov 30, 11 a.m. to 7 p.m.

Saturday, Dec 1, 10 a.m. to 7 p.m.

Sunday, Dec 2, 11 a.m. to 5 p.m.

Featuring Over 80 of Europe's Finest Vendors!

English Fine China, Rugs, Wines and Cheeses, Antique and Custom-made Furniture,
Bavarian Clothing, Italian Porcelain, Polish Pottery, Tapestries and Much More!

Be Treated Like Royalty and Save a Fortune!

Bazaar is open to all military ID card holders. Visa, Mastercard, cash and checks accepted. Sorry, no credit cards.

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Joint Multinational Readiness Center

MWR

Correction

In the Oct. 31 issue, the Joint Multinational Readiness Center was misidentified as the Joint Military Readiness Center in the Hohenfels Combat Cross Country article. In the same article, the winner was misidentified in the photo cutline. The winner was HHC 1/4 Infantry, USAG Hohenfels.

Halloween**JMTC, Garrisons offer Halloween fun for everyone****Fun, fun, & more fun**

The Joint Multinational Training Command Family Readiness Group hosted a haunted house at the Grafenwoehr Field House Oct. 26-27. The community came out to enjoy the thrills and scares offered from 7-10 p.m. on both nights.

JMTC Soldiers, family members, and civilian volunteers dressed up and slipped into character to try to provide a fun experience for the attendees. Zombies (upper left), witches, axe murders, skeletons, and corpse brides were all par for the course. The path even led by a cemetery, where a man jumped out at passers-by (upper right).

The Vilseck community also held a Halloween Harvest Fest hosted by the post chapel. Parents and children arrived in costume for family-friendly fun, games, and candy!

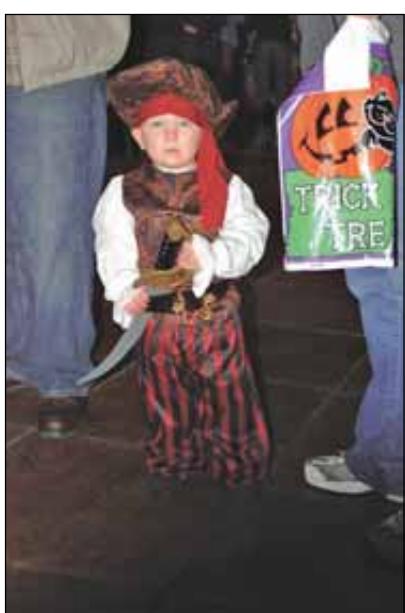
While some attendees were modest in their costume choice or opted only for the face-painting offered at the chapel, some families showed up in matching costumes, such as this little family of witches (right).

Photos by Paula Guzman



Photo by Audrey Reader

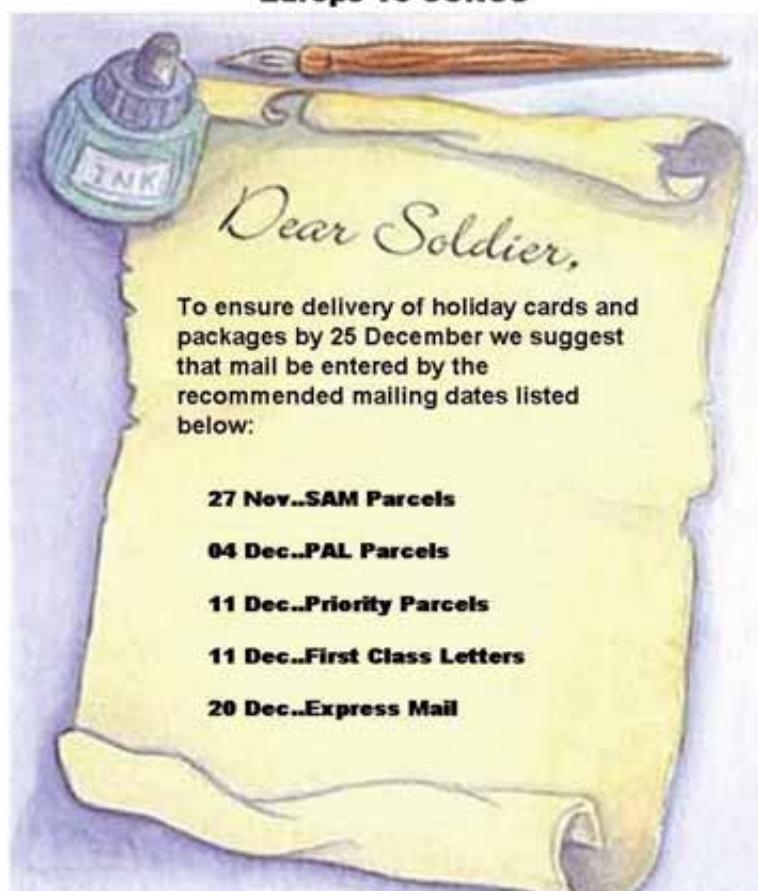
Audrey Reader, Vilseck Elementary School kindergarten teacher, taught her students the attributes of pumpkins this October, and invited parents to come in for the session. The pumpkins were carved, and the students were able to feel the texture of the insides of the pumpkins as they took out the seeds. Haylee Schmitz, her father Pvt. Kevin Schmitz, Kyle Till, and Ryan Ford enjoyed the hands-on activities.



Photos by John Reese

Garmisch held its Halloween Festival Oct. 26, drawing about 300 community members. Many of the kids showed up in full costume, such as Braden Shiver (left) and Jasmine Helvey (right). The most popular game ticket of the night was the arrest card, which you could give to one of the military police, allowing them to "arrest" the person of your choice for five minutes.

Do you have an opinion on something you'd like to share with the community? Do you have a complaint, request, or compliment? Write a letter to the editor and let us know! E-mail letters to usaggnews@eur.army.mil with "letter to the editor" in the subject line.

**2007 Holiday Mailing Dates
Europe To CONUS**


Make Your List And Check It Twice!

Join in the Great American Smokeout

Bavarian Medical Command press release

Smokers often say, "Don't tell me why to quit, tell me how." According to the American Cancer Society, there is no one right way to quit, but there are some key elements in quitting with success: making the decision to quit, setting a quit date and choosing a quit plan, dealing with withdrawal, and staying quit (maintenance).

Make the decision to quit

The decision to quit smoking is one that only you can make. Others may want you to quit, but the real commitment must come from you.

The Health Belief Model says that you will be more likely to stop smoking if you believe: that you could get a smoking-related disease and this worries you, that you can make an honest attempt at quitting smoking, that the benefits of quitting outweigh the benefits of continuing to smoke, or know of someone who has had health problems as a result of their smoking.

Many communities in Bavaria will have information booths tomorrow, or contact your health clinic.

Pick a quit day

Once you've decided to quit, you're ready to pick a quit date. How about tomorrow, the 2007 Great American Smokeout?! This is a very important step.

Picking a date too far in the future allows you time to rationalize and change your mind. Circle the date on your calendar. Make a strong, personal commitment to quit on that day. See the list of Bavaria activities for support in your community.

Prepare for your quit day

Do not smoke. This means at all — not even one puff! Keep active — try walking, exercising, or doing other activities or hobbies.

Drink lots of water and juices. Begin using nicotine replacement if that is your choice. Attend stop-smoking class or start following a self-help plan.

Avoid situations where the urge to smoke is strong. Reduce or avoid alcohol. Think about changing your routine. Use a different route to work, drink tea instead of coffee. Eat breakfast in a different place or eat different foods.

Dealing with withdrawal

Avoid temptation. Stay away from people and places where you are tempted to smoke. Later on you will be able to handle these with more confidence.

Change your habits. Switch to juices or water instead of alcohol or coffee. Take a different route to work. Take a brisk walk instead of a coffee break.

Alternatives: Use oral substitutes such as sugarless gum or hard candy, raw vegetables such as carrot sticks, or sunflower seeds.

Activities: Do something to reduce your stress. Exercise or do hobbies that keep your hands busy, such as needlework or

woodworking, which can help distract you from the urge to smoke. Take a hot bath, exercise, or read a book.

Deep breathing: When you were smoking, you breathed deeply as you inhaled the smoke. When the urge strikes now, breathe deeply and picture your lungs filling with fresh, clean air. Remind yourself of your reasons for quitting and the benefits you'll gain as an ex-smoker.

Delay: If you feel that you are about to light up, delay. Tell yourself you must wait at least 10 minutes. Often this simple trick will allow you to move beyond the strong urge to smoke.

Reward yourself: What you're doing is not easy, so you deserve a reward. Put the money you would have spent on tobacco in a jar every day and then buy yourself a weekly treat.

Buy a magazine, go out to eat, call a friend long-distance.

Or save the money for a major purchase. You can also reward yourself in ways that don't cost money: visit a park or the library, develop a new hobby, or take a yoga class.

Staying quit (Maintenance)

Try the following: review your reasons for quitting and think of all the benefits to your health, your finances, and your family; remind yourself that there is no such thing as just one cigarette — or even one puff; ride out the desire to smoke. It will go away, but do not fool yourself into thinking you can have just one.

Avoid alcohol. Drinking lowers your chance of success. If you are worried about gaining weight, put some energy into eating a healthy diet and staying active with exercise.

Visit these sources for additional information:

- The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General, <http://www.surgeongeneral.gov/library/seconhandsmoke/>

- American Lung Association, <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=35422>

- Smokefree.gov, <http://www.smokefree.gov/>

- CHPPM Tobacco Control Toolkit, <http://chppm-www.apgea.army.mil/dhpw/Population/Documents/FINALGASO2006Toolkit.pdf>

- Great American Smokeout and Spitout educational information/tool-kits are on the USACHPPM website: <http://chppm-www.apgea.army.mil/dhpw/Population/TobaccoCessation.aspx>

The U.S. Army Center for Health Promotion and Preventive Medicine is the Army's public health organization. It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go.

On U.S. military installations, CHPPM provides environmental health engineering and health hazard assessments as well as injury and disease prevention programs.

Third, many college students keep sweet snacks, salty snacks, and soda in their rooms providing empty calories.

Fourth, decrease in sleeping and increasing in stress levels affect the body and can trigger overeating.

Fifth, not to mention the empty calories found in beer and alcoholic beverages.

The solution is to do and choose the opposite of all these reasons listed. The most important thing is to stay physically active.

There has to be a balance in what you eat and how much you burn. If you do not burn more or the same amount of calories you consume, the the "Freshmen 15" may be in your future.

Good luck at school this year!

Demetrius

Send your nutrition and fitness questions to usagnews@EUR.army.mil. Demetrius is a registered dietitian and a certified personal trainer.



HEALTHY EMPOWERMENT

BY DEMETRIUS WILLIS

Dear Demetrius,
I am about to begin my freshman year of college. I have heard about this thing called the "Freshmen 15."

Can you tell me more about it and how I can avoid it?

"College Bound (without the 15),"

Jason

Dear Jason,
I find this topic quite interesting. While I was in college I actually wanted to do my thesis on the "Freshmen 15." The "Freshmen 15" says that college students pack on 15 pounds the first year of school. There are many contributors to the weight gain.

First, many freshmen go from highly active in high school with sports and activities to not active at all.

Second, dining halls on the college campus are all-you-can-eat and do not provide the healthiest options.

Smokeout events planned for Bavaria

Ansbach/Illesheim/Katterbach

USAG Ansbach will host a community

"lunch and learn" at the Katterbach and

Illesheim dining facilities during lunch tomorrow. Community health nurses will provide information about tobacco cessation, "Cold turkey" sack lunches will be available from the dining facility. Participants that have completed the tobacco cessation classes will give testimonials about their struggles and successes to stop smoking. The theme is "kick the habit: choose life by choosing oxygen".

The MWR Katterbach and Illesheim fitness centers will offer free classes in conjunction with the event today and tomorrow. See Page 21 for more details.

Bamberg

Bamberg Health Clinic offers a Tobacco Cessation Course every fourth Tuesday of every month except December, from 1 – 2:30 p.m. Individuals interested in becoming tobacco free may attend the course, including military ID holders, DA civilians and Local Nationals. The first session or class covers understanding addiction and creating a plan to prepare to quit. The second session scheduled every fourth Tuesday of every month from 2 – 3:30 p.m., and discusses mastering the obstacles of quitting and living a tobacco free lifestyle. Contact the Bamberg Health Clinic to sign up for the Tobacco Cessation Course at DSN 469-7772.

Tomorrow, there will be an information

booth and children's poster display at the commissary from 10:30 a.m. to 1:00 pm. Ray's Diner will be offering "Cold Turkey" sandwiches to help motivate those tobacco users to break the habit. See Page 24 for details.

Schweinfurt

An information booth will be at the PX from 11 a.m. to 1 p.m. tomorrow. Tobacco Cessation Support is available by scheduling an individual appointment with the Army Public Health Nurse at DSN 354-1750.

Wuerzburg

Information will be available from the Health Clinic booth at the Transformation Showcase on Saturday. Tobacco Cessation Support is available by scheduling an individual appointment with the Army Public Health Nurse at DSN 350-2491.

Vilseck

Nine participants graduated Nov. 8 in this quarter's Tobacco Cessation Class. The next class will start in January 2008. Contact Isabel Tilzey, Army Community Health Nurse, at DSN 476-2165/3322 or CIV 09662-832165/3322 for more information.

Informational table at the Vilseck Health through Friday, with "I Quit!" cards for prior smokers to announce (names optional) how much and for how long they used tobacco, and when/how they quit. Information for smokers who'd like to quit will also be available.



Courtesy photo

Nine quitters graduated the Vilseck Health Clinic's Tobacco Cessation Class Nov. 7. The successful quitters are Valerie Young; Jeanine Van Den Oever; Isabel Tilzey; the class facilitator; Peggy Sue Lovelady; Christine Goudy; Hayley Cummings; and Honey Walker. Quitters not pictured are Grace Bruette, Jill Clark, and Sarah Cook.

Graf Pharmacy bios: Capt. Michael Ronn



Hometown: Valdosta, Ga.

Favorite Phrase: "Hey, Hey, I wanna be a Rockstar." Nickelback

Likes: The Green Bay Packers, Snowboarding, Church Activities, Family, and Fantasy Football

Dislikes: "I hate it when the dog in my neighborhood starts barking 30 minutes before I'm supposed to get up for work and I lose that last few minutes of precious sleep. I really dislike that."

Favorite Food/Drink: ROCKSTARs

Dream: To be able to give away a million dollars.

Description: Capt. Ronn runs the joint. Outstanding customer service and short wait times are what he always pushes for. He's mainly an easy going OIC, but some mornings he's a bit grumpy. We blame the dog.

Garmisch signs Army Family Covenant

Story and photo by JOHN REESE
Bavarian News

"You just witnessed history, do you know that?" said Brig. Gen. David Hogg, 7th Joint Multinational Training Command, addressing the children who watched over his shoulder as he signed the Army Family Covenant at the Pete Burke Center Nov. 8.

With about 80 Soldiers and civilians in attendance, the historic promise by Army leadership to improve the quality of life family members was signed by Hogg, Command Sgt. Maj. Darieus Zagara of 7th JMTC, and USAG-Garmisch Manager Karin H. Santos.

Garmisch is unique among garrisons. Most other posts have a large compliment of Soldiers; many Soldiers and their families pass through Garmisch, stopping to train at the NATO School or the Marshall Center, or to enjoy the Edelweiss Lodge and Resort.

The actual number of troops and civilians on permanent party is smaller than other Bavarian kasernes, yet the turnout for the chilly evening event in the homey center was enhanced by a roaring fireplace and Hogg's personal touch with the children.

A few minutes after the ceremony, a little girl shyly brought Hogg a piece

of the enormous AAFES-donated cake, bringing a warm smile to the warrior's face.

"A small garrison like ours may not reap all of the benefits of the Covenant immediately, but Army Families move constantly throughout a Soldier's career, and those benefits will be waiting for them at their next duty station," said Santos, pleased by the turnout. "We'll receive benefits appropriate to our community needs. I spoke to the Graf leadership two days ago, and we're making our families' needs known."

Our Army is an army at war, said Santos, asking her audience never to forget that much of the good coming from the Covenant will be in direct support of the War Fighters' families.

During the only glitch of the evening, when the computer used for the slide presentation crashed during the final slide, Santos took the moment in stride, quipping the garrison could use a few new computers.

Garmisch has seen recent improvements to its housing area, and is looking forward to the bright hope offered by the Covenant.

"A great advantage of working in this community is the natural beauty of Garmisch, a place that makes you say, 'I'm glad I live here,'" said Santos.



With families looking on, and flanked by USAG-Garmisch Manager Karin H. Santos and Command Sgt. Major Darieus Zagara of 7th JMTC, Brig. Gen. David Hogg of 7th JMTC is first to sign the Army Family Covenant at the Pete Burke Center on Artillery Kaserne. About 80 Soldiers, civilian employees, and family members of the Alpine garrison attended the Nov. 8 evening event.

Vets of three countries honor comrades

by JOHN REESE
Bavarian News

Garmisch-area veterans of the 10th Special Forces Group joined forces with German and Austrian veterans to place wreaths at gravesites, in Bavaria Oct. 28 and in Austria Nov. 4, to commemorate Allerheiligen, or All Saints Day.

The American veterans, members Special Forces Association Chapter LXV who served in Korea, Vietnam, Desert Storm, and throughout the Cold War, placed wreaths at five local cemeteries. They were partnered with host nation German veterans of Kameradshaft Brixlegg in Bavaria and Kameradschaftsbund in Austria.

"There was a really big ceremony in Tirol, Austria," said retired 1st Sgt. Frank Santos. "Hannes Schmitz, leader of the Kameradshaftsbund, had a marching band for the ceremony in Tirol."

Lt. Col. Gary Bloomberg, garrison commander, USAG-Hohenfels, joined his Green Beret brethren in paying their respects to the late warriors.

"Some of the veterans are original members of the 10th Special Forces Group and were first stationed at Flint Kaserne in Bad Tolz in 1951," said Bloomberg. "Others, like me, are more recent members of the 10th Special Forces Group."



Photo by 1st Sgt. Frank Santos, ret.

Lt. Col. Gary Bloomberg, the garrison commander of Hohenfels, joins members of the Special Forces Association, Chapter LXV, in laying wreaths at the gravesites of their fellow Green Berets at the Waldfriedhof in Bad Tolz.

Edelweiss farewells former Garmisch GC, wife at Nov. 7 luncheon

by ANDREA WINTER
Special to the Bavarian News

Former Garmisch garrison commander, retired Lt. Col. Edward Fagan, was honored at a farewell luncheon Nov. 7 at the Haus Hammersbach.

Fagan served as garrison commander 1991-1996, arriving as a major and departing a lieutenant colonel.

Most recently he was serving as the assistant general manager of the Edelweiss Lodge and Resort, and is moving on to be the general manager of the Dragon Hill Lodge in Seoul, South Korea.

Retired friends in attendance included Garmisch's former Housing manager Ann Pluempe, and former Host Nation Affairs specialist Christa Hufmann.

Fagan and his wife Sandra, who worked at the Crafts Tree as a quilting and textile instructor, were presented with a block engraving of Garmisch's Fruehlingsstrasse, circa 1935, donated by the Art's and Craft's team.



Photo by Drew J. Benson

The Garmisch community bid a fond farewell to former commander (ret.) Lt. Col. Edward Fagan and his wife during a Nov. 7 luncheon held in the couple's honor.

The Fagans recently purchased a home in nearby Grainau, where they intend to retire after their Korean tour.

Commissary gets makeover

by JOHN REESE
Bavarian News

It was no trick, but it was treats throughout the store on Halloween as the commissary here held a ribbon cutting ceremony for its grand reopening.

The store had been stripped of all food and merchandise, scrubbed clean, and the shelves modified to make shopping easier.

Some of the products were shifted to other sections of the store, while other areas were expanded to meet demands.

"The aisles are a bit wider, there's an increase in popular products, and there are three drawing boxes in the store for items being raffled," said Joe Moore, store administrator, as he gave VIPs the grand tour.

In addition to an offering of cake, cookies, and coffee, the produce department had a pushcart laden with assorted fresh fruit samples,

and the aroma of generous bits of steak grilled with garlic butter drew customers to meat department.

It was akin to being in a major supermarket stateside where such samples normally abound.

"It's a time to improve the service for the customers," said Salah Uddin, Mediterranean zone manager for the Defense Commissary Agency, as he reviewed the shiny, like-new store.

He paused to sample the steak, closing his eyes in bliss at the flavor.

"We're dedicated to provide that slice of home," said Uddin. "Let us know and we'll try our best to bring you the products you want."

Incoming store director Teresa de Jesus was also impressed at the punch packed by the small kaserne commissary.

"It's a wonderful renovation and a beautiful store," she said. "We're always looking at ways to do better."

Leadership travels to Graf for meeting

Story and photo by JOHN REESE
Bavarian News

The leadership of USAG-Garmisch traveled north to Grafenwoehr Nov. 5-6 to meet with their counterparts, tour the installation, and attend Grafenwoehr's Army Family Covenant signing ceremony.

The tour of Grafenwoehr, conducted by deputy garrison commander Curtis Clark Nov. 5, was like an eye-opening visit to the big city by folks from the country.

"The new housing area in Netzaberg is beautiful. It sets the standard for all housing areas in IMCOM," said Karin Santos, manager, USAG-Garmisch.

Garmisch entertained a visit by the USAG-Grafenwoehr garrison commander, Col. Brian Boyle, and his staff at the Transition of Authority ceremony from Stuttgart's 14-years of leadership Oct. 2. This reciprocal visit by the Garmisch team was to



Garmisch leadership visited with Grafenwoehr directorates.

familiarize the small Alpine garrison with its new higher headquarters and helped to foster better understanding between the two distinctly different posts.

"It was very productive for us," said Santos. "We got to know them

better. This visit strengthens our ties with our counterparts and strengthens our working relationship."

The second day of the visit included staff call with the Graf team and meetings with the individual directorates.

Garrison already working on fulfilling Covenant promises, family expectations

Story and photo by GARRY BARROWS
Bavarian News

Brig. Gen. David Hogg, commanding general of the 7th Army Joint Multinational Training Command, was the keynote speaker at the signing of the Army Family Covenant at Hohenfels Nov. 6 in the Community Activity Center.

Hogg noted that families were "stretched" by the country being at war for six years and the Army has recognized that fact by increasing the Army Family Assistance budget from \$100 million last year to \$1.4 billion for this year.

While Congress has not yet approved that budget request, the Army is moving forward toward the implementation of this project that will standardize and fund existing and new family programs and services in areas including schools, youth services, childcare, housing, health care, education and employment.

This reprioritizing has not caught Hohenfels flatfooted with numerous projects designed to improve the quality of life for Army Families well under way with more in the advanced planning stages.

U.S. Army Garrison Hohenfels Commander Lt. Col. Gary Bloomberg began the ceremony with a comprehensive report on all of the projects residents can look forward to including:

- Total renovation of the post gym
- Army Community Service move to new facilities
- New playground at the School Age Services building
- New SAS and Child Youth Services programs aimed at providing families more flexibility and cost savings.
- A total renovation of the teen center

■ Addition to the Sun Rise Lodge

One of the main administrators of this increased budget for Family Assistance will revolve to ACS, which has moved into a new building that will function as the Soldier and Family Center as well as a Welcome Center. The facility is located in Bldg. 10, which is where Soldiers in-process upon arrival in Hohenfels.

ACS Chief Trevor Jackman sees big advantages in the new location.

"This location will allow us to provide superior service in a one-stop opportunity. It will help us more efficiently implement many of the new initiatives," Jackman said.

Bloomberg is also excited about seeing new emphasis on family support issues including the long-term implications.

"These are services we can bring to (families) today, tomorrow, and in the future," Bloomberg said.

Hogg sees the progress currently in place and in the planning stages as a positive step for Hohenfels.

"I love coming to Hohenfels," Hogg said. "It is a neat close-knit community working together to make (things) better."

As far as the new family initiatives, Hogg sees his part as keeping the momentum going smoothly.

"This (program) is a win/win situation and an on-going process," Hogg said.

He noted that part of the command's responsibility is to "build communities where families are proud to live," and he feels this is being done better than ever and he looks forward to more improvement with the new funding and some personal input.

"Part of my job is to bother people as required," Hogg concluded.



Brig. Gen. David R. Hogg, commanding general of the 7th Army Joint Multinational Training Command; Command Sgt. Maj. Darieus A. ZaGara, 7th Army JMTC (L); and Col. Thomas Vandal, commander of the Joint Multinational Readiness Center in Hohenfels, along with members of the community, surround the signed Army Family Covenant during ceremonies in Hohenfels on Nov. 6.

Hohenfels' first FRSA no stranger to Army life

by Spc. KYLE GOHAM and Capt. JUNEL JEFFREY
JMRC Public Affairs

Kimberly Castellani's first experience with leadership in the Army world came when her active duty husband deployed to Iraq from Ft. Hood, Texas.

Back then, she volunteered with the unit Family Readiness Group. Beginning February 2006, Castellani formally joined the ranks of Army civilians when she became the Family Readiness Support Assistant for the Joint Multinational Readiness Center in Hohenfels.

Castellani is in no way new to the Army, or the FRG concept. Growing up an "Army brat," she has always been around the military. Demonstrating that the apple does not



Castellani

fall from the tree, Castellani says her family has always maintained active role in the military.

"Back in the day when I was a kid I remember my mom was a family support group leader," said Castellani. "I have been involved in the FRG as a family member and a volunteer. I have personally experienced the importance and support of an FRG during a deployment."

As the first person to hold the FRSA position in Hohenfels, Castellani describes her job as being a liaison between the FRG and the military chain of command. She stresses the importance of the FRG to spouses and family members whose loved ones are deployed.

"FRG provides moral support and accurate, up-to-date information," Castellani said. "It helps to release stress during deployments, provide a social outlet and overall

helps families to become more self sufficient."

Earlier this year the Army expanded existing family readiness programs in order to decrease the hardships families experience when Soldiers deploy.

"The FRSA has a huge impact on our unit's readiness," said Command Sgt. Maj. Patrick Akuna, 1-4 Infantry Battalion Command Sergeant Major. "The FRSA works directly with the Battalion Commander and assists the Rear Detachment Commander and provides administrative assistance in support of our unit's family readiness program and activities."

As a dual-mission unit, the 1-4 Infantry Battalion has a recurring mission to deploy to Afghanistan in support of Operation Enduring Freedom. Akuna says the FRSA's wealth of knowledge provides assistance in strengthening FRG programs.

"It's (family readiness) very important to our deploying Soldiers," said Akuna. "It sets their

minds at ease and assures them that their families will not only be well informed, but will also be well taken care of."

Originally hired to support Special Police Transition Team, also known as SPPT teams, Castellani now supports the entire JMRC Operations Group, including USAG-Hohenfels and 1-4 Infantry Battalion.

"Spouses of deployed Soldiers who have questions can contact me directly," said Castellani. "My job is not to replace the FRG leader, but rather think of me as an extension to the FRG leader and FRG liaison."

"My hope is that the FRG program will continue to grow and that families will continue to take part in it and benefit from all that it offers," Castellani said. "Anything I can do to assist the leaders is what I am here for."

The Hohenfels Family Readiness Support Assistant is located at Bldg. 369, or call DSN 466-3182 or CIV 09472-83-3182 for info.

Library hosts fourth annual Teddy Bear Tea Party Nov. 7

Story and photo by GARRY BARROWS
Bavarian News

Nov. 7 was a special day at the Hohenfels library as the Fourth Annual Teddy Bear Tea Party was held with U.S. Army Garrison Hohenfels Command Sgt. Maj. Perry Clark joining in as the featured reader.

On a cold, windy, and rainy day, perfect for an indoor tea party for children and their stuffed animals and dolls, Clark called upon some long unused skills of reading to his now grown children.

"That was a while ago," Clark mused.

The Teddy Bear Tea Party was the idea of Library Associate Vicki Grant, whose then four-year-old daughter, Tamya, developed the habit of gathering her stuffed animals and serving tea while she read a favorite story to them.

"I wanted to have something that would entertain our younger children," Grant related as she recalled bringing the idea from home to the Hohenfels library.

Reading the *Ragged Bear*, a story about an unloved stuffed bear that is saved from a trash can, cleaned up and cherished by a new owner, Clark interacted with the children, ages 3-7,

asking them questions and quizzing them as he read the story.

Clark then remained as Grant read the children another story continuing to enjoy the Tea Party.

As far as his assignment went, Clark was clear how he felt about it.

"This is one of the fun ones," he said.



U.S. Army Garrison Hohenfels Command Sgt. Maj. Perry Clark reads the *Ragged Bear* to children at the Fourth Annual Teddy Bear Tea Party at the Hohenfels library Nov. 7.

Community pays Veteran's Day tribute during Nov. 6 ceremony

The Hohenfels community paid tribute to those who have served and are currently serving our country during a ceremony Nov. 6 in the Community Activities Center. U.S. Army Garrison Hohenfels Commander Lt. Col. Gary Bloomberg made special mention of the history of the day that started as a celebration of the Armistice Day that ended World War I on the eleventh hour of the eleventh day of the eleventh month of the year. Bloomberg, along with JROTC cadet Shaun Redden (pictured), winner of an essay contest on the meaning of Veteran's Day, spoke on how service members - past and present - put the good of the United States ahead of themselves. The ceremony included a performance by the Hohenfels Elementary School Choir and concluded with a wreath laying.

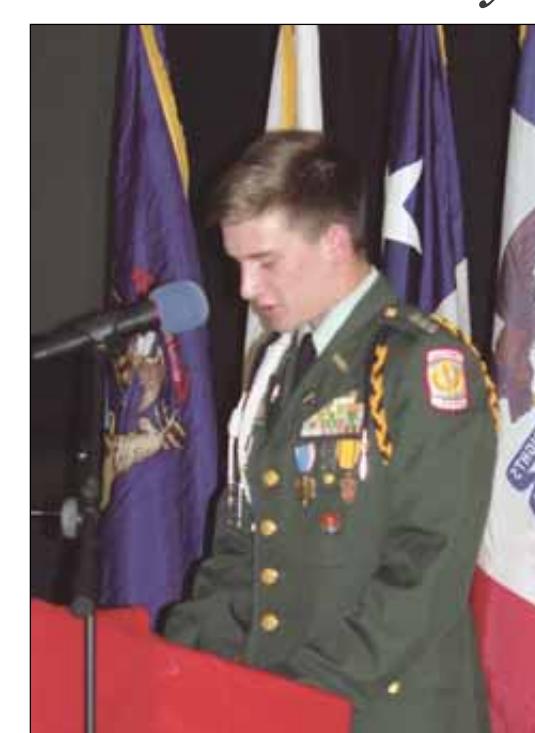


Photo by Garry Barrows

Despite winter weather, yearly HCSC holiday bazaar sees cheery customers

by LAUREN SULLIVAN
Special to the Bavarian News

"We wish you a merry shopping at the holiday bazaar," was the sendoff given to shoppers before they were let loose at the annual Hohenfels Holiday Bazaar.

Forty-five children from the Hohenfels Elementary School choir sang songs to get shoppers in the Christmas spirit at the grand opening event Nov. 9. Colonel Thomas Vandal was there to "cut the tinsel" along with the Hohenfels Community Spouses' Club President Mini Delamarter-Lefebvre, Bazaar Chair Maria Diaz, and Bazaar Vendor Chair Rosemarie Smith.

Outside it rained, snowed, and hailed intermittently, but inside the gym and Community Activities Center where the bazaar was held, the shoppers were cozily perusing the goods, sipping hot cups of gluhwein, and thinking ahead to the holidays.

The bazaar, which is sponsored yearly by HCSC, was a chance to do all your holiday shopping in one place, while supporting a worthwhile cause. The proceeds earned at the bazaar go to the HCSC Welfare fund, through which many community organizations are supported. Boy and Girl Scouts, the Hohenfels Elementary, Middle and High Schools, JROTC, and many sports teams are just a few of the organizations who have received assistance from the club.

More than 150 volunteers made the bazaar possible. Whether helping stamp hands at the front door or taking around coffee to the vendors, the volunteer "elves" scampered around all day, helping wherever was needed. There are many reasons why these men and women are involved year after year with the club and the bazaar.

"I always want to leave a place better than when I found it," explained Delamarter-Lefebvre. "It's very rewarding to help raise money and give back to the community. I've also met so many great people through HCSC - I've developed friendships and really gotten to know the community."

"I like to give to the community by helping out," stated volunteer Debora Deane. "It's such a small thing to do for such a great cause."

The annual bazaar is a great place to shop for those who are shy about shopping off-post or don't want to travel long distances. The best vendors from all of Europe are hand-picked to come to Hohenfels and set up shop for the weekend. Vendors can speak English, and all prices are paid in dollars. From Ahmet Turkish Rugs to Zwingel Toys, an entire continent of European shopping is available right in Hohenfels.

Diaz explained why Hohenfels has such a good reputation for bazaars.

"Our vendors come from all over because we treat them like guests in our home," she said.



Photos by Garry Barrows

Lisa Fisher points out some of the unique features of a nutcracker figure to sons Jacob and Joshua at the Hohenfels Holiday Bazaar held Nov. 9-11 at the Community Activities Center.

The volunteers stop by with coffee, and many volunteers bake items or bring in hot crock-pots of soup for the vendors meals. Runners stop by periodically to see if each vendor needs a break or a bite to eat.

"I like all of the people who organize this bazaar," stated Marlene, a vendor from K & P Nutcrackers. "The location here in Hohenfels is beautiful, and the volunteers take such good care of us with food and help."

Shopper Christine Walrath said she looks forward to the bazaar each year at this time.

"The selection this year is outstanding! For being such a small community, there is such a great variety," Walrath said.

"We don't want to be the biggest bazaar," Smith said, "just the best."

There were 47 vendors at the bazaar, according to Diaz.

"We had wine vendors from Russia and Germany, crystal, Polish Pottery, pewter, jewelry, antique furniture, framed pictures, linens and lace, aged cheese and Belgium chocolates, tiled wall hangings, personalized wood fixtures, tapestries, rugs and the list goes on and on," she said.

The HCSC opened up fundraising opportunities for private organizations, such as Family Readiness Groups, to sell food items or goods as a way to earn money. The philosophy of HCSC Welfare is from the "teach them to fish" story.

The club is happy to provide welfare grants whenever possible, but

they also try to offer opportunities for groups to raise money for themselves. Nov. 9, the Girl Scouts sold baked goods, the Boy Scouts sold popcorn and funnel cakes, and the Headquarters and Headquarters Company First Battalion Family Readiness Group sold rib dinners.

Hungry shoppers got to eat while supporting these worthwhile causes. Due to the cold weather, HCSC and MWR set up a Bier Garten downstairs in the gym, where shoppers could take their food purchases and purchase beer on tap.

The HCSC does much more each year than just sponsor the bazaar. Each month there is a different exciting function planned, either as a luncheon or evening event. Any ID card holder can join the club, and everyone is welcome.

You never know what each month might bring - bingo, cooking instruction classes, trips, or even costume parties. Mary Fitter, the HCSC second Vice President, in charge of programs, works hard to include a wide variety of venues and activities.

Last month the club had an evening wine tasting in Parsberg, and this month they will have lunch at the Kantine on post and learn about how to be savvy Floh Markt shoppers. The event also includes a live auction of exciting "Floh Markt Finds!"

"Don't miss December," said Fitter. "We're going to have a holiday make it- bake it-and take it event.

Everyone brings an item they have made, bought, or received. A good example of what someone might bring is homemade Christmas cookies on a polish pottery plate.

"For each item they bring in, they receive two tickets. You put your tickets in the bag next to the item you want to receive, and we'll be drawing winners frequently during the luncheon. It will be a great time for everyone, and really get us into the



Kim Akuna and daughter Kiana talk with one of the vendors about the holiday decorations.

holiday spirit," Fitter said.

Most people don't know that the Thrift Shop is also run by the HCSC. The Thrift Shop is a huge moneymaker for the HCSC welfare fund, so money that shoppers spend at the shop or by consigning items are actually steering money back into their own community.

"In September and October we put back \$3,000 each month into the welfare fund," explained Thrift Shop Manager Tracey Norrell. "Please bring your items in to consign! We have room for large items and furniture, and items are selling very well."

"We also accept any donation you want to drop by," she said.

Thrift Shop hours are 9:30 a.m. until 2:30 p.m. on Tuesdays and Thursdays, and on the first Saturday of each month from 10 a.m. until 2 p.m.

"We did a test to see how extended hours would go over with the community. We had a great success the night we stayed open, with 40 customers and 400 items sold."

From now on the Thrift Store will be open on the third Thursday of each month for extended hours until 6 p.m.

The Thrift Shop is always looking for good helpers, according to Norrell. Childcare money spent while volunteering will be reimbursed, and volunteers always get first chance to buy new items. Everyone from the community is encouraged to stop by and lend a hand whenever they have a free hour or two to spare.

Anyone who missed the bazaar this time around, don't despair, there is always next year. As for this year, it's never too late to join the HCSC and get involved with a wonderful group working together for a good cause.

The club motto says it all: "HCSC: Helping, Caring and Serving our Community!"

Visit www.hohenfelscsc.com for more information about upcoming activities or how to join HCSC.

CYS announces new location, winter program updates

CYS press release

Child and Youth Services is located in the in-processing training center Bldg. 10, Rm. 139 in the newly renovated wing of the facility. The CLEOS Office is your first stop for registering for CYS childcare programs and youth services. Other services include:

- Central Enrollment Registry
- Babysitter Referral
- Deployment and Respite Services
- Family Child Care Referral
- Parent Advisory Committee
- Resource and Referral
- YS and SKIES program

registrations

■ Kids Club

We are open to serve you Monday - Friday, 8 a.m.-4 p.m. Call DSN 466-2078/2080 or CIV 09472-83-2078/2080.

Kids Club meets Thursday's weekly at the School Age Services Gym, Bldg. 112, from 9:30-11:30 a.m. (except school-out days). It is open to parents with infants to kindergarten-age children. Parents and children participate in gross motor play. Best of all...Kids Club is free!

Hohenfels Parents Night Out

Hohenfels CYS is offering a special opening in December in

support of the Joint Multinational Readiness Center ball. PNO services are available to CYS registered children aged 6 weeks old through sixth grade.

Spouses of deployed Soldiers, DOD civilians with deployment cards, and rear detachment may utilize PNO services at no cost. The December PNO rates are to be announced, services include dinner.

Reserve your slots by making payments or reservations at the CDC Annex (Bldg. 44) or CIV 09472-83-4041/42 for additional information.

Babysitter Referral Services

Babysitters are Red Cross trained

Teens willing to provide childcare services during school-out days and weekends. Childcare services and rates are negotiable with provider, and include at home or in-quarters care.

■ Referrals are available to anyone requiring babysitter services.

■ Visit CLEOS office or contact CYS for additional information.

Jump Start and Half-Day

The Jump Start program is a five-day a week program that focuses on bridging the gap between preschool and kindergarten. Let Jump Start make a difference in your child's development. Slots are available!

New half-day programs for infants,

toddler, and preschool aged children. Pay 50 percent full-day fees. Three time-slots to choose: 8 a.m.-2 p.m., 10 a.m.-4 p.m., noon-6 p.m.

KinderVillage Program

The CDC KV program has moved to the SAS facility. The cost of the program has not changed.

KV children are enjoying the daily use of the gym, new playground, and will enjoy any field trips at no extra cost. The ratio will remain one staff to 12 children.

For more info, call Kristin Jacobs-Schmid at CIV 09472-83-2822. SAS programs have slots available for before- or after-school care.

Community Spotlight

What's Happening

Grafenwoehr/ Vilseck Briefs

Annual meter readings

During the period beginning of November 2007 until end of January 2008 the electricity supplier EnBW (Energie Baden Wurttemberg) will do the annual meter readings in the Grafenwoehr and Vilseck GHRP and Leased Housing areas. The personnel will have identification cards, which will show that they are from the electricity supplier EnBW. Please provide them access to your electricity meter.

For information contact Barbara Boesl at DSN 476-2207.

Red Cross Volunteer Dental Assistant Program

Training Program Information:
 ■ 64 hours of classroom training
 ■ 300 hours of clinical experience to be completed within six months

■ Minimum of 12-15 hours a week volunteering in the clinic

All program guidelines must be strictly adhered to for successful completion of the course.

Applications must be submitted no later than Nov. 16.

For an application or more information, contact ARC Vilseck DSN 476-1760, CIV 09662-83-1760, Bldg. 700 Room 23 or ARC Grafenwoehr DSN 475-1760, CIV 09641-83-1760, Bldg. 244 Room 220.

Red Cross gift wrapping

At the Grafenwoehr PX, Nov. 23 – Dec. 24 during PX duty hours. Donations requested for gift wrapping services.

Health, safety classes

■ CPR- Dec. 1, 9 a.m.- 5 p.m.
 ■ First Aid- Dec. 8, 8 a.m.- 1 p.m.

Class fees must be paid in advance by calling the Vilseck ARC at DSN 476-1760, or CIV 09662-83-1760.

Graf clinic announces holiday hours

The Grafenwoehr Health Clinic will be closed from Nov. 22-25. For all health emergencies, proceed to Klinikum Weiden or Krankenhaus Eschenbach.

Holiday Hours for Grafenwoehr Health Clinic:

- Dec. 24-25: closed
- Dec. 26: 7 a.m.-5 p.m.
- Dec. 27: 1-5 p.m.
- Dec. 28: 7 a.m.-3 p.m.
- Dec. 29-Jan. 1: closed
- Jan. 2: 7 a.m.-6 p.m.
- Jan. 3: 1-6 p.m.
- Jan. 4: 7 a.m.-3 p.m.
- Jan. 5: 9 a.m.-noon

Garrison school update

Information is available at each school Web site:

- <http://www.graf-es.eu.dodea.edu/>
- <http://www.vils-es.eu.dodea.edu/>
- <http://www.graf-ms.eu.dodea.edu/>
- <http://www.vils-hs.eu.dodea.edu/>

School contact information:

- GES: DSN 475-7133
- VES: DSN 476-2812
- GMS: DSN 475-9500
- VHS: DSN 476-2554

Transportation: DSN 475-8954

Dates

■ tomorrow and Friday: Melodrama Dinner Theatre presents "Dogsbreath Devereaux, the Dastardly Doctor" presented by the Vilseck High School Players in the Vilseck High School Multipurpose Room. Admission is \$10 for Adults, \$7 for under 18 years and \$25 for a family of 4 or less. Spaghetti with salad, drinks, and dessert will start at 6pm with the show to follow at 7pm.

■ tomorrow and Friday: VES and GES will be closed for Parent-Teacher conferences

■ Friday: GMS and VHS will be closed for Parent-Teacher conferences

■ through Friday: "Book Fair Blizzards" at Vilseck Elementary School, 8:30 a.m. - 2:30 p.m. The book fair books can be previewed at <http://bookfairs.scholastic.com/homepage/vilseck> VES Spirit wear will be sold, too. Volunteers are needed. Complete a School Volunteer Application.

■ Monday: VES Quarter 1 Awards Assembly will be held for Fourth and Fifth-grade students at 8:45 a.m. Parents are encouraged to attend.

■ Nov. 22-23: No School Thanksgiving Holidays

■ Nov. 26: Deadline for November Box Tops at VES

- Nov. 29: VES General Meeting; Family Fun Night
- Nov. 30: Popcorn Friday at VES. Students may order one bag for 25 cents Nov. 29.

■ through Jan. 18: Orders are being taken for the full-colored Vilseck Elementary School Yearbook. The annual costs \$20, payable by cash or a money order made out to VHS SAF. Purchase envelopes are available at VES. Contact Mrs. Northam at DSN 476-2812 for more details.

■ Odyssey of the Mind Coaches for VES: Coaches are needed to guide and encourage teams of students to creatively solve a problem that will be presented at the OM Competition in Bad Kissingen. VES is trying to get at least five teams established. Volunteer coaches will receive training. POC: Victoria Hennion at DSN 476-2812 or CIV 09662-83-2812.

Parent to Parent workshops

■ Sunday – Tell Me A Story – Mercedes and the Chocolate Pilot: Join us from 3-4:30 p.m. at the Vilseck Elementary School Multipurpose room for this event. The mission of Tell Me a Story is to use literature as a tool for connecting parents and children as well as to provide opportunities to open up discussion on difficult topics such as deployment, separation, and moving.

Special guest speaker will be Col. Boyle, USAG commander. Every family present will receive a free copy of the book. Space is limited, so register now.

For more information about these and other available workshops from the MCEC Parent to Parent Team, contact us at CIV 0175-648-2777 or GrafVilseckParent2Parent@yahoo.com.

CYS news

For more info on the programs listed below, contact Central Registration at Vilseck DSN 476-2760, CIV 09662-83-2760 or Grafenwoehr DSN 475-6656, CIV 09641-83-6656 or e-mail cysinfo@eur.army.mil.

■ Registration for youth basketball, cheerleading and wrestling is open through Friday. CYS registration and athletic physicals need to be valid through the duration of the season.

■ CYS will open the CDCs and SAs on Friday nights until 9 p.m. and alternate opening two Saturdays a month between the Vilseck and Graf communities. The Teen Centers will also staff "Open Gym" on Saturday afternoons in both communities. This Saturday, the Vilseck CDC/SAS will be open 8 a.m.-4 p.m. and the Graf CDC/SAS will be open 10 a.m.-4 p.m.

■ CYS Fine Arts Exhibit will be held Nov. 26-30. Open to all CYS kids.

Submit your artwork by Monday. Choose from a variety of mediums, and enter your work in the appropriate age group. Bring your work to the Vilseck or Graf SAS or Middle School/Teen Center. For more information, call Sakeeta Lewis at DSN 476-3376.

Announcing Pollution Prevention Art Contest

Are you interested in art? Do you want to help improve the quality of life in our community? Then participate in the Pollution Prevention Art Contest. Students grades 9 through 12 may enter this first contest organized by the Environmental Division in cooperation with the Vilseck High School. We are looking for contributions to address the theme "P2 improves life at the USAG Grafenwoehr." Included or accompanying should be a P2 logo that can be used for flyers and letterheads. Young artists may turn in their work to the Environmental Offices in Vilseck or Grafenwoehr until Nov. 30. Winners will be announced during the award ceremony Dec. 12.

For further information contact Barb van der Smissen, Pollution Prevention Manager, DPW, EMO at barb.vandersmissen@eur.army.mil, DSN 475-6859, or CIV 09641-83-6859.

Lost your bike? Look here!

The Vilseck City Hall and Vilseck MP Station have an abundance of unclaimed found property that is believed to belong to American personnel. The found property consists of bicycles, wallets, and clothing. The point of contact at the Rathaus is Ms. Felkl's office which is located at #13 Marktplatz, 92249 Vilseck, her phone number is CIV 09662-9927. The point of contact at the Vilseck MP Station is Staff Sgt. Buchanan, DSN 476-2903. Remember, if you don't secure your personnel property, someone else will.

AAFES sets holiday hours

PX and Mall Holiday Hours now in effect: Monday-Thursday: 10 a.m.-8 p.m., Friday-Saturday: 10 a.m.- 9 p.m., Sunday: 11 a.m.-7 p.m.

Food Court Holiday Hours now in effect: Monday-Thursday: 10:30 a.m.-8 p.m., Friday-Saturday: 10:30-8 p.m. (Charley's, Subway & Baskin Robbins), 10:30 a.m.-9 p.m. (Popeye's and Taco Bell), Sunday: 11 a.m.-7 p.m.

Mainstreet Xpresso! Holiday Hours now in effect: Monday-Friday: 7:30 a.m.-8 p.m., Saturday: 8 a.m.-8 p.m., Sunday: 10 a.m.-7 p.m.

All facilities will close at 4 p.m. on Dec. 24.

Participate in 2007-CFC

As a United States Service Member or a Department of Defense civilian serving far from home, you can help create a better world by contributing to the many worthy organizations supported by the CFC-O. Take the opportunity to help make the world a better place, by contacting your unit S1 or Christine Nunez DSN 475-8432 or stop by Bldg. 244 Room 239 by Nov. 30.

Seattle Sea Gals visit Graf

The Seattle Sea Gals are scheduled to visit the Grafenwoehr area Nov. 24. Come to the Graf PX from 1-2 p.m. and then enjoy the show at the Graf Physical Fitness Center starting 5 p.m. The show is family-friendly and open to all ID card holders.

Bazaar opening soon

Join the Graf and Vilseck Community Spouses Clubs as they spread holiday cheer. The annual MWR Bazaar from will be held Nov. 30-Dec. 2 at Rose Barracks in the Memorial Fitness Center and 2nd Squadron Motorpool, Bldg. 660. Enjoy walking through the aisles of over 80 European vendors. Regularly scheduled Saturday childcare will be available in the Vilseck CDC and SAS on Dec. 1 from 10 a.m.-4 p.m. Reserve your space by Nov. 26.

X-PATS play The Zone

Come check out the latest music sensation, The X-Pats, performing classic and contemporary rock, plus a few original songs, at 9 p.m. Dec. 1. The band is comprised of U.S. Soldiers and civilians.

JMTC Holiday Ball

All DoD military, civilians, family members, and local national employees within the Graf, Vilseck, Hohenfels, and Garmisch communities are invited to the 2007 7th Army JMTC Holiday Ball. Join us Dec. 14 at the Max Reger Halle, Dr. Pfleger-Str. 17, in Weiden for buffet dinner, music, and dancing. Doors open at 5:30 p.m. and dinner begins at 7 p.m. Tickets cost 28 Euro per person. POC for tickets or information is JMTC Protocol Office, DSN 475-3566. CYS childcare is available, contact CYC for details.

Chapel Thanksgiving events

■ Sunday: 5 p.m. Vilseck Chapel Thanksgiving Dinner for the Community. Sponsored by the Protestant and Catholic Congregation.

■ Nov. 21: 7 p.m. Vilseck Chapel Protestant Community Worship Service

■ Nov. 21: Noon. Grafenwoehr Chapel Protestant Worship Service

■ Nov. 22: 9:30 a.m. Vilseck Chapel Roman Catholic Mass

Garmisch Briefs

Neuschwanstein Castle trip

Take a tour to Neuschwanstein Castle and the World Heritage Site Wies Church and Etall Monastery Sunday. The tour leaves from PBCC at 8 a.m. and returns at 5 p.m. This trip costs \$32, but bring euro for meals and souvenirs

Hear classical concert

Go to the Munich Nationaltheater to see the classical music concert of Philippe Manoury and Robert Schumann Nov. 27. The bus leaves the PBCC at 4:30 p.m. and returns at 11:30 p.m. The program costs \$12 plus the cost of tickets.

Visit Paris over Thanksgiving

Join in on the annual tour to Paris over Thanksgiving weekend. One overnight on a train and three overnights in a hotel with breakfasts and ample time to explore the sights of Paris. Guided tours of the essential sights by Paul. The train leaves the Garmisch train station at

8 p.m. Nov. 21 and returns to the train station at 7 p.m. Nov. 25. This trip costs \$420, with meals other than breakfast not included.

See Mozart's 'Magic Flute'

On Dec. 6, join the bus leaving from the PBCC at 4:30 p.m. to go to Munich to see Mozart's "Magic Flute." The bus will return at 11:30 p.m. This program costs \$9 plus opera tickets, which range from 11-43 euro.

Take in Venice, Verona

Take the regular weekend tour of Venice and Verona, Italy Nov. 30-Dec. 2. The tour leaves from the PBCC at 4:30 p.m. Nov. 30 and returns at 10 p.m. Dec. 2. This trip is \$250, including transportation and two overnights in a hotel. Bring extra euro for meals, museum entrance, souvenirs, and city transport.

Hohenfels Briefs

Run in Turkey Trot

Turkey Trot 2007 5km Fun Run Nov. 21 Hohenfels Post Gym, Bldg. 88. Registration begins at 7:30 a.m. Race starts at 9:00 a.m.

Free t-shirts for the first 50 registered and pets are welcome to participate in the run! Awards will be given to the top two finishers in each category and the largest participating Unit. For more information contact the Sports & Fitness Office at DSN 466-2868/2493 or CIV 09472-83-2868/2493.

Brighten a wounded Soldier's holiday

Remember our wounded warriors during the holiday season. Take time this holiday season to remember our wounded warriors at Walter Reed Army Medical Center. When you are making out your holiday card list this year, include the following:

A Recovering American Soldier c/o Walter Reed Army Medical Center 6900 Georgia Avenue, NW Washington, D.C. 20307

Upcoming Red Cross classes

■ Babysitters training course: Dec. 1, 9 a.m.-5 p.m. This class is for boys and girls ages 11-15 and is only offered once every few months, so sign up now!

■ Adult, infant, and child CPR and first aid: Dec. 5, 8:30 a.m.-4:30 p.m.

Call 466-1760 for more information, or stop by the Red Cross office in building 335 (back side of Service Credit Union) to register and pay.

Get fit with belly dancing

Are you looking for a creative and exciting way to get fit?

Why not join instructor Tassia Araujo Roper in four free classes of belly dancing on Wednesdays, today through Dec. 5, at the Post Gym aerobics room from 6:15-7:15 p.m. You will learn basic belly dancing movements and a beginner routine. Wear nonrestrictive clothing and bring ballet type slippers or plan to be barefoot. For more information, contact Tassia at CIV 0151-10428076 or by e-mail at rubby3002@yahoo.com.

Register for winter YS

This fall and winter, Youth Sports is offering Start Smart Basketball, for ages 3-5 year old. Enrollment dates for this sport are through Nov. 30. The season will begin Jan. 14. In addition, we are offering bowling for the ages 8-15. For this individual sport, the enrollment period is through Nov. 30. The season will begin Jan. 7. The cost for the Start Smart program is \$45 and for bowling the cost is \$35.00. Enrollments are done at CLEOS, and a sports physical needs to be on file. For more information on either of these programs contact Youth Sports at DSN 466-2558 or CIV 09472-83-2558.

Community Spotlight

What's Happening

Ansbach Briefs

Deployed spouses retreat

The USAG Ansbach Family Life Center hosts a deployed spouses retreat at Edelweiss Lodge and Resort in Garmisch Nov. 30-Dec. 2, and an additional one Dec. 13-15.

The family life center regularly hosts all-inclusive retreats for families, couples and single Soldiers.

For more on the programs offered at the family life center, call DSN 467-2785 or CIV 09802-83-2785.

Holiday Bingo held Friday

The 3-158th Aviation Regiment hosts Holiday Bingo Friday from 10 a.m. to 1 p.m. at the Longbow Lounge on Storck Barracks.

The event will feature two 10-game sessions with holiday-themed prizes. Raffles, chili, and baked goods are also available at the community-wide event.

For more information, call Laura Arnold at CIV 09841-83-5054.

Supply center closes

USAG Ansbach's Self-Service Supply Center closes permanently tomorrow.

Alternative methods for purchasing supplies normally stocked at the SSSC include: direct orders from the Government Services Administration, with an expected turn-around time of four-six weeks; using the SSSC in Kaiserslautern, with an expected turnaround time of one-two weeks; and buying from local vendors which is probably the most expensive option.

To contact the Kaiserslautern SSSC, call DSN 483-8831.

Toastmasters meets

Sarah Tipple, USAG Ansbach Army Emergency Relief officer, has started a Toastmasters Club in the community. The club meets Nov. 21 from 6-7 p.m. in the Army Community Service classroom on Katterbach Kaserne.

Tipple said Toastmasters is "an excellent tool in effective leadership and is well-suited for Soldiers, Family members, civilian employees and high school students."

She said the group helps people communicate more effectively, become better listeners, improve presentation skills, increase leadership potential, become more successful in their careers, build their ability to motivate and persuade, reach their professional and personal goals and increase their self confidence.

For more information, call Tipple at CIV 09802-83-2064 or send her an e-mail at sarah.tipple@us.army.mil.

Preschool drama time

The Terrace Playhouse offers preschool drama time Thursdays from 10-11 a.m. The class is a parent and child interactive and directed playtime that is open to children ages 5 and up. It gives parents and children an opportunity to explore their creativity together.

The playhouse is located in Bleidorn Housing Area. For more information, call DSN 468-7636 or CIV 0981-183-636.

Stroller Sway Stress

The Katterbach Fitness Center hosts its Stroller Away Stress class Tuesdays from 8:30-9:15 a.m.

Officials said the class allows people to bring their children along while they do cardio workouts, light toning, and some abdominal work.

For more information, call DSN 467-2771 or CIV 09802-83-2771.

Martial arts training

Morale, welfare and recreation offers martial arts training in the form of Keichu Do Karate Tuesdays from 6-7 p.m. and Saturdays from 10:30-11:30 a.m. at the Katterbach Fitness Center.

Instructor Patricia Sant said Keichu Do Karate is closely related to American boxing, French Savate, and mixes Judo, Ju-Jitsu, Kung-Fu, Karate, and Cajun fist-fighting.

For more information, call DSN 467-2771 or CIV 09802-83-2771.

Parent to Tutors

The Parents to Tutors Program is kicking off soon in Ansbach and needs support from people who would like to make a difference with the community's youth. The program needs people to serve as tutors to help students with their

homework in math, science, history, language arts, Spanish and German.

Tutor hours would be on the high school's Gold Days from 2-3 p.m.

Tutors do not need to have a degree or be a parent—just people willing to share their abilities and make a difference.

People interested can find out more at <http://myarmylifetoo.com> under Ansbach Middle/High School.

Looking for bookworms

Bleidorn Library hosts a monthly book club discussion group and it is looking for more members. Books and the schedule of meeting dates are available at the main desk at the Bleidorn Library.

For more information, call the library at DSN 468-1740 or CIV 0981-183-1740.

Free bowling offered

The Katterbach Bowling Center and Storck Barracks' Apache Lanes offer free bowling in November.

Katterbach hosts free bowling night Nov. 29 from 3-10 p.m. while the Apache Lanes holds it Nov. 21 from 5-9:30 p.m.

The free bowling is available to all U.S. identification card holders.

For more information, call Katterbach at DSN 467-2638 or CIV 09802-83-2638 and the Apache Lanes at DSN 467-4530 or CIV 09841-83-4530.

Scholarships available

Each year, about 500 youths around the world win \$1,500 scholarships in the Scholarships for Military Children program. Children of active-duty and retired military, Reserve and National Guard members compete for the scholarships.

Applications for the fall 2008 school year are now available either at the Katterbach or Illesheim commissaries or on-line at militaryscholar.org.

The deadline for submitting applications to the commissary is Feb. 20.

For more information, contact Marie-Luise Glaser, Illesheim store manager at DSN 467-4717 or CIV 09841-8796 or e-mail her at marie.glaser@deca.mil.

Bamberg Briefs

BSCC hosts masquerade, charity basket auction

Enjoy a festive evening of intrigue, mystery and philanthropy at the Bamberg Spouses' and Civilians' Club charity basket auction Friday at the Warner Club. Doors open at 6 p.m. Cost is \$5 per person to participate in the live and the silent auction or \$15 per person with an Italian Dinner (RSVP for dinner today). Bidding paddles included! Tickets can be purchased at the door or reserve your tickets by e-mailing auction@bsccgermany.com.

See The Wizard of Oz

Follow the yellow brick road to the Stable Theater and reserve your seat today for the The Wizard of Oz tomorrow through Sunday. The production is based on the movie and is a must-see for the entire family. Tickets can be reserved by calling DSN 469-8647 and are \$9 for adults, \$7 for students, E4 and below.

Roll a turkey, win a turkey

Roll a real turkey at the Bamberg Birchview lanes this Saturday from 11 a.m. to 3 p.m. and win a turkey. Each frame costs \$1. Call DSN 469-7722 for more information.

Community yard sale

A community wide yard sale will take place Saturday from 9 a.m. to 4 p.m. Both on-base and off-base residents can set up sale items in the parking lot across from Bldg. 7000, or in their yard. No permits and no fees are required for this day. Take advantage of this opportunity to get rid of your unwanted stuff! For more information contact the Consumer Affairs office at DSN 469-7713.

Donate at G-A blood drive

Give blood at the German-American Red Cross blood drive Nov. 21 at the Basics Bldg. 7110 from 1 to 5 p.m. This blood is used by regional medical systems to treat trauma victims in local hospitals, including members of the U.S. military community. Donors must have returned from deployments in Afghanistan, Iraq or Kuwait before March 2007 and have not received any vaccinations

for the past six weeks. Call the Bamberg American Red Cross office at DSN 469-1760 for more information.

Experience American Indian culture at Pow Wow

Celebrate diversity by attending the Nov. 21 National American Indian Heritage month event at the Bamberg Elementary School. The Pow Wow starts at 1:45 p.m. and features American Indian dancers. For more information contact Sgt. 1st Class Curtis Freeman at DSN 469-8624.

Bamberg Health Clinic Holiday schedule

The Bamberg Health Clinic will have closures during the upcoming holiday season. Be sure to mark your calendars for these days. During closures all emergencies should go to the Bamberg Klinikum.

- Nov. 21 —Closed at noon
- Nov. 22-23 —Closed
- Dec. 21—Closed at noon
- Dec. 24-25 —Closed
- Dec. 31-Jan. 1 —Closed

For more information contact the Bamberg Health Clinic Executive Officer 1st Lt. Jose Sanfeliz at DSN 469-8619.

November ODR trips

Bamberg's ODR November trips are on sale now! Try new skis and snowboards in Austria during a Thanksgiving Holiday ski and snowboard trip, Nov. 22-25. Get your holiday shopping started on a trip to Karlovy-Vary and Cheb Nov. 24. Trips fill up quickly, so reserve your seat now. Contact the CAC for more information at DSN 469-8659.

UPL training offered

The Army Substance Abuse Program is offering Unit Prevention Leader certification training Nov. 26 to 30. Each unit should have at least two currently certified UPLs. Candidates for UPL training must be E-5 or above, not currently enrolled in the ASAP, and not under investigation for any substance abuse related issue. For more information contact Darlene Copeland, Prevention Coordinator, at DSN 469-1710, or George Riddle, Drug Testing Coordinator, at DSN 469-7588. Registration deadline is Friday.

Retreat for teen girls

The Bamberg and Schweinfurt area Girl Scouts will be hosting a Discover Your Inner Beauty Weekend Retreat. The retreat will be held Nov. 30 to Dec. 2 in Schweinfurt and is open to all young ladies, Girl Scouts and non-Girl Scouts ages 14 to 17. Participants will attend a variety of sessions covering issues such as self-esteem, self-confidence, anti-violence/bullying, stress management, and healthy choices. There is even a workshop for parents. Registration deadline is Tuesday, and cost \$20 for non-Girl Scouts and \$15 for Girl Scouts. To register contact Patti Sahli at CIV 0951-297-3679 or e-mail for more information at discoveryourinnerbeauty@yahoo.com.

Holiday Tree Lighting

The holiday season lights up starting Dec. 6 at the USAG Bamberg annual Tree Lighting Ceremony. The ceremony will take place at 5 p.m. at the Traffic Light Corner.

SKIES Unlimited looking for instructors

The Bamberg CYS SKIES Unlimited program is looking for instructors to teach classes in art, music, ballet/jazz/tap, fitness, sewing, computers, photography, cosmetology, SAT Prep, Spanish or any skill you may have that can be taught to the youth in the Bamberg community. SKIES is also looking for academic tutors. Please contact Archie Johnson at DSN 469-7452 for more information.

ACS needs Family Advocacy Program Manager

USAG Bamberg Army Community Service will be soliciting for a Family Advocacy Program Specialist in the near future. Contact the Regional Contracting Office at CIV 0951-300-9383 or go on their Web site at www.usacce.army.mil/frc for more details.

Join AAFES Buddy List

The holiday shopping season is here! Get on the AAFES Buddy List and be the first to know about the money

savings offers and special events taking place exclusively at the Bamberg AAFES facilities.

Submit an e-mail to AlstonA@aafes.com to receive information about exclusive promotions, events and sales flyers regularly!

24/7 Info Phone. Know before you go!

Find out the current weather and road conditions for the Bamberg area by calling DSN 469-8373.

The recorded weather line information is updated every 12 hours or as conditions change and also includes a 48 hour forecast.

This service is made available by the Bamberg Emergency Operations Center.

BES needs sub teachers

Bamberg Elementary School is looking for qualified, experienced educators to fill substitute teaching positions.

Applicants must have a baccalaureate degree from an accredited institution with at least 18 semester hours of course work in the field of professional teacher education.

Stop by the BES main office Monday through Friday from 9 a.m. to 3 p.m. for an application or call DSN 469-7616 for more information.

Clean-up with Self-Help

The DPW Self-Help store has the equipment you need to clean up this fall. Trash bags, rakes, wheel barrows, shovels, brooms, and ladders are available.

Self-Help is located at Bldg. 7039 across from the car wash. Operating hours are Monday through Friday 9 a.m. to 4 p.m. and closed on weekends and all German and American Holidays.

For more information call Self-Help at DSN 469-7669.

Commissary open extra day

To help you gather those last minute items for your Thanksgiving feast, the Bamberg commissary will be open Monday from 11 a.m. to 5 p.m. The store will be closed Nov. 22.

CMR oversized mail pick-up

The CMR oversized package pick up is now located at the Transportation Motor Pool, Bldg. 7102. Customers will receive a notification slip with instructions in their mailbox and can pick-up oversized parcels from 1 to 2 p.m. or by appointment by calling DSN 469-8710. Oversized packages include items such as footlockers, car parts, bikes, or large toys.

ASAP 3D training set

3D training sessions will be offered on Dec. 4 and 6, and will run from 1 to 5 p.m. To register, contact Darlene Copeland, Prevention Coordinator, at DSN 469-7038.

Schweinfurt

Briefs

Red Cross CPR class

The Schweinfurt American Red Cross will be offering a standard first aid class with adult, infant and child CPR at the ARC office in Schweinfurt Saturday from 9 a.m. to 5 p.m. The cost of the class is \$45. To register, call DSN 354-1760 or CIV 09721-96-6251.

International bazaar

Come to the MWR international bazaar Nov. 23 and 24, 10 a.m. to 6 p.m. and Nov. 25, 11 a.m. to 4 p.m. at Kessler Fitness Center on Yorktown Village. Enjoy tax free shopping with stroller friendly aisles and more than 50 vendors. Credit cards are accepted. Only open to U.S. ID card holders.

MP station IACS office closed

The Installation Access Control System office at the MP station in Schweinfurt will be closed due to scheduled cleaning Nov. 27. The IACS office in Bldg. 40, Conn Barracks, will be open during normal business hours.

Leighton community transformation showcase

The Leighton community will have a transformation showcase in the old book and furniture store on Leighton Barracks Wuerzburg, Saturday from 9 a.m. to 5 p.m. Come to enjoy a flea market, PCS / ETS information booths, food, and activities for the whole family. For more information, call DSN 350-7151.

Thanksgiving dinner

The Leighton Community Activity Center will be hosting a Thanksgiving dinner Nov. 22 from 11:30 a.m. to 2 p.m. A full Thanksgiving spread will be offered. Reservation deadline is Monday. To reserve a spot, call CIV 0931-889-6305.

Dinkelsbuehl: Rothenburg's medieval twin offers romantic streets, summer festivals

by ALICE ADLER
Special to the Bavarian News

A short drive south down the Autobahn from the hustle and bustle of Rothenburg lies Dinkelsbuehl, a more subdued version of its big brother to the north.

Like Rothenburg, Dinkelsbuehl is a walled medieval city with beautifully preserved cobblestone streets, painted houses and impressive towers. What Dinkelsbuehl does not have, however, are the large tour groups and the tourist-driven atmosphere of its better known and very crowded counterpart.

Walk Along the Intact City Wall

Dinkelsbuehl's most impressive feature is its unbroken city wall, dotted with numerous towers and gates. Visitors to Dinkelsbuehl can walk the entire perimeter of the city by flowing next to the wall, getting glimpses of the lives of Dinkelsbuehl's residents as they pass by the homes and backyards of those lucky enough to live within the confines of this charming city.

The 19 or so towers that grace the wall are worth admiration. Each one is different, and each is properly named and labeled. Krugsturm, Hagelsturm and Weisser Turm are only a few the wandering visitor will encounter.

Wandering the cobblestoned streets visitors find that all roads lead to the Marktplatz and the impressive Georgenkirche. Built primarily from 1488 to 1499, this massive building dominates the town.

After viewing the solid, blockish exterior with its massive stone buttresses and square tower, visitor will be surprised to see the light, delicate interior. Take some time to look around and appreciate why this church is considered one of the finest examples of late Gothic architecture in southern Germany.

There is much to see here, from the beautifully painted altarpieces to the skeletal remains of St. Aurelius, decked out in jewels and laid to rest in a glass coffin.

Get to Know the City's History

History buffs will want to pay a visit to the Historical Museum. Founded in 1893, this collection of antiquities aims to reflect the long and colorful history of Dinkelsbuehl. Everything from weapons to toys to knitting machines is on display here.

Special attention should also be paid to the building that houses the collection. Known as the Spital building,



Photos courtesy of City of Dinkelsbuehl

The view across Rothenburg Pond at the Faulturm is one of the most beautiful views of Dinkelsbuehl. The Faulturm (Rotting Tower) and the guard house mark the northwestern corner of the city's defense system.

it dates from 1599 and contains such interesting details as painted ceilings and impressive wooden doors.

By far the best part of Dinkelsbuehl can be seen by simply wandering the streets. The charming, beautifully maintained buildings are the city's treasures. The colorful facades and beautiful details can keep a sightseer entertained all day. Purchase a guidebook that will tell you the details of many of the buildings found within the walls.

If you remain in Dinkelsbuehl into the evening you can take advantage of the night watchman tour, where a costumed gentleman will lead you by lantern light through the narrow streets.

Quiet Dinkelsbuehl jumps to life every July for 10 days when the Feast of Kinderzeche is celebrated. This feast commemorates the events of 1632 when the Swedish Army camped outside the walls of Dinkelsbuehl and demanded the city's surrender.

When the officials of Dinkelsbuehl hesitated, the Swedes became enraged and began to plunder and burn the town.

Legend tells that the destruction was stopped by a group of children who approached the Swedish commander and begged for mercy. This event is reenacted every July along with costumed performances by various dancer groups and the Dinkelsbuehl Boys' Band. The celebrations continue throughout the week with fireworks, fest tents and theater performances.

If you are looking for a glimpse of Germany's romantic medieval past without the usual crowds and hustle, Dinkelsbuehl may be the right place for you.

Travel Along the Romantic Road

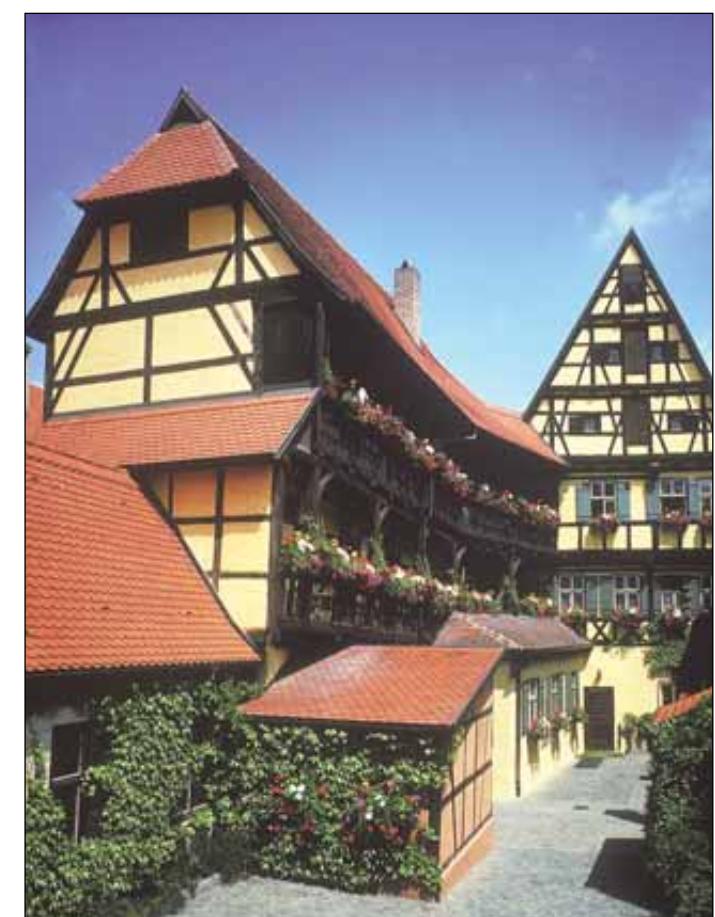
And if you can't get enough of Germany's romantic cities and medieval past and would like to see more, just follow Germany's "Romantische Strasse" (Romantic Road). It starts in Wuerzburg, passes through the cities of Rothenburg, Dinkelsbuehl, and Augsburg, to name just the largest cities along the route, and ends in Fuessen, just below Bavarian King Ludwig II's famous Neuschwanstein Castle. For more information on the road and its sights, visit www.romantischestrasse.de.

The Web page is available in English as well.

BEFORE YOU GO

For more information on the City of Dinkelsbuehl you can call the city's tourist information office at CIV 09851-90240, or visit www.dinkelsbuehl.de.

For more information on Germany's Romantische Strasse (Romantic Road), visit www.romantischestrasse.de



The Rothenburger Tower is part of Dinkelsbuehl's unbroken city wall. Built around 1390, it had prison cells and a torture chamber on its second floor.

Colorful Patricians' homes with their romantic courtyards are characteristic for Dinkelsbuehl. The Hezelhof pictured here was built in the 16th century.

Ansbach

Soldiers, Families attend Oct. 31 Army Family Covenant signing in Ansbach

Story and photo by JIM HUGHES
Bavarian News

About 100 Soldiers, spouses, children and civilians attended the USAG Ansbach Army Family Covenant signing ceremony Oct. 31 on Bismarck Kaserne.

Described as an Army-wide leadership's symbolic show of support and commitment to Army Families, Lt. Col. Tammy S. McKenna, garrison commander, Command Sgt. Maj. James Esters, and Lt. Gen. Kenneth Hunzeker, commander of V Corps, signed the covenant, and told how the Army and USAG Ansbach intends to live up to the covenant.

"The ceremony today is a symbolic gesture being done across the Army on behalf of senior Army leadership in recognition of the commitment and increasing sacrifices that our families are making every day as their Soldiers continue to perform their varied missions in support of the Global War on Terrorism," McKenna said.

McKenna touched on how the Army is investing \$1.4 billion in 2008 to improve the quality of life for families Army-wide and enhance existing programs.

She added that Ansbach is already on the way to making itself the community of choice in the Army.

"From town homes and a shopping mall planned for 2010 to on-going renovations of child care centers,

fitness centers and housing areas, to free trips during deployments to free bowling to increased customer service at the health clinics and more, Ansbach is making headway in increasing the quality of life for our families," she said. "I assure you that commitment will only grow stronger."

Hunzeker underscored that the commitment is solid and originated with Army Chief of Staff Gen. George W. Casey after he talked to Soldiers and families shortly after taking command.

"We recognize that this is the first step in a long process of what we need to do," Hunzeker said. "My wife and I have been through almost all the communities in Germany that are part of V Corps and it's incredible the work that has been done and continues to be done."

"There is a plan that is going on to make sure you have all the facilities you will need in the future," he added. "Is it perfect? Absolutely not. Do we have a plan? Absolutely. These things take time and our challenge as leaders and community members is to recognize that."

McKenna's and Hunzeker's words along with the video "Army Family Strong" shown after the commanders finished talking left an impression on the families at the ceremony, including Yucel Henderson, whose husband, Sgt. 1st Class Duncan Henderson, is

deployed with the 12th Combat Aviation Brigade in Iraq.

"I was told before that I was being taken care of, but when I hear it directly from high-ranking officers I feel more secure about it," she said. "I feel like I'm being supported and that I'm not alone while my husband is deployed."

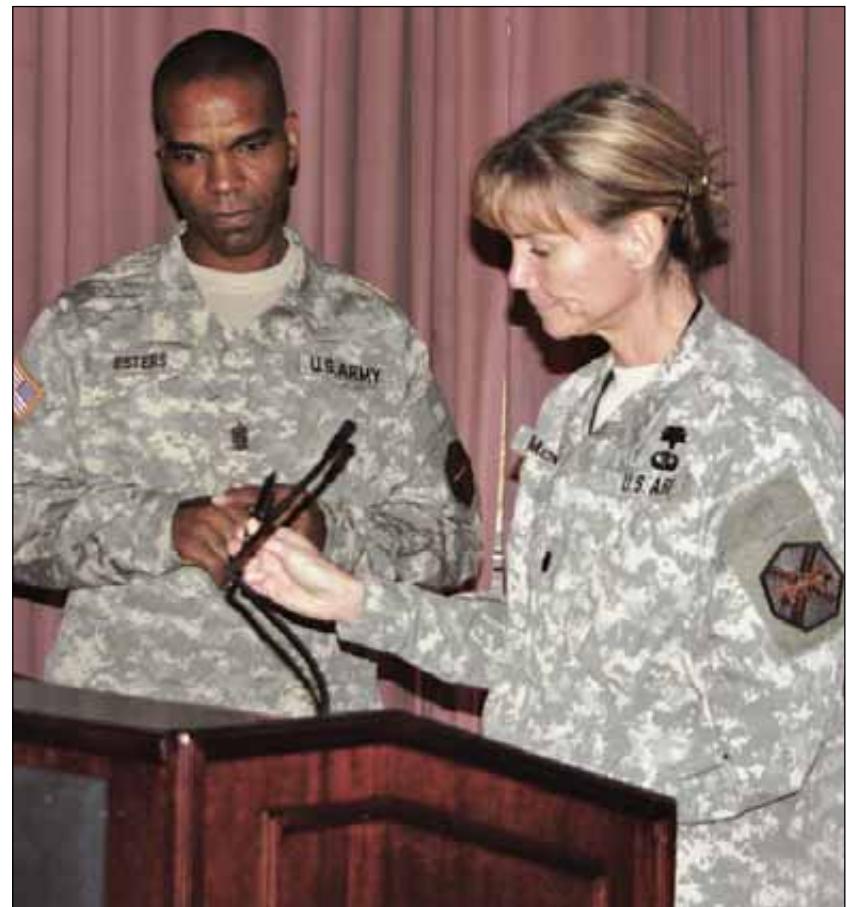
Henderson added that the "Army Family Strong Video" left an impression on her.

"Sometimes people feel they're the only ones going through what we're going through right now—the video showed me other people dealing with the same issues I'm dealing with—they did a great job of capturing their stories," she said, adding that she was also impressed with McKenna's slide show of planned and in-progress improvements within the community.

"They need to get the word out more about these improvements—the ones here and at other communities—and especially get the information to our kids."

McKenna closed out the ceremony with some final words so attendees could get to the free cake and coffee.

"Thank you for your sacrifices and all that you do in supporting your Soldiers and your country," McKenna said. "Please continue to let us know how we can improve our service to you and help us make this the community of choice in the Army."



Command Sgt. Maj. James Esters and Lt. Col. Tammy S. McKenna, U.S. Army Garrison Ansbach commander, sign the Army Family Covenant during a ceremony Oct. 31 at Bismarck Kaserne.

New Web site helps service members kick tobacco habit

by KAREN LEWIS
Health and Well-Being coordinator

USAG Ansbach Health Promotion, TRICARE, and military health system officials encourage service members, their families and civilians and retirees to attend the Great American Smoke Out Lunch and Learn at the Katterbach Dining Facility tomorrow.

Materials and tools also are available to individuals wanting to kick their tobacco habit on www.ucanquit2.org.

Tobacco use is the most common preventable cause of death. According to the surgeon general's report, about half of the people who don't quit smoking will die of smoking-related

problems.

Most people begin smoking as teens, usually from curiosity or peer pressure. Richard Petersen, the Adolescent Substance Abuse Counselor at Ansbach Middle/High School, and Michele George, the school nurse, have created a special message that will be sent to all students and staff via their computers during the week of the Great American Smoke Out.

"It is meant to remind students and staff of the dangers of tobacco use—as well as show resource tools that they can access for help in stopping smoking," Peterson said.

The school also plans on utilizing an anti-smoking board viewable to all students, focusing on prevention.

People with friends or parents who smoke are more likely to take up smoking than those who don't. The tobacco industry's ads and other promotions for its products are another big influence in our society. The tobacco industry spends billions of dollars each year to create and market ads that show smoking as an exciting, glamorous, and healthy adult activity.

"Tobacco is a poison and depletes the immune system in fighting stress and disease" said Melenna Valliere, community health nurse at Katterbach Clinic. She added that tobacco contains 43 known carcinogens and poisonous gases such as carbon monoxide, as well as many other toxic substances.

Some people might be surprised to know some of the chemicals found in cigarette smoke: cyanide, benzene, formaldehyde, methanol (wood alcohol), acetylene (the fuel used in welding torches), and ammonia, which is used to boost the tobacco flavor.

Quitting smoking is one of the most important things people can do to improve their health and well-being. People who stop smoking decrease their risk of cancer, heart disease, stroke and early death. Women who stop smoking before and during pregnancy reduce their risk of infertility or having a low-birth-weight baby.

Most smokers say that they want to stop smoking, but kicking the

smoking habit can be difficult.

"The three pronged combination approach of a tobacco cessation class, the drug Zyban and nicotine patches give the patient the best approach in quitting," Valliere said. "Zyban is a great product because it takes away the desire for a person to smoke. It has some side effects, but most people can use Zyban without a problem."

She added that some of her successful cessation patients have said the treatment was easy and had they known this, they would have quit sooner.

If pharmacotherapy is not for you, Valliere recommends a book to all of her patients: "The Easy Way to Quit

See **SMOKE OUT** Page 22

Garrison Spotlight

USAG Ansbach leadership recognizes employees for a job well done and excellent customer service in the Garrison Spotlight.

Fred Lane, postal officer for USAG Ansbach, is responsible for all garrison postal operations—four community mail rooms plus official mail operations—and is the liaison between the garrison and the postal operations directorate. He also works Freedom of Information Act requests, records management, publications management and is the assistant casualty manager.

Lane's customer service philosophy is, "If someone leaves one of my facilities upset or unsatisfied with the services that we have provided, then it's a failure on our part. We have let them down and that is not acceptable in our job."

Lane enjoys the daily interaction and feedback from his regular customers to gauge what they need from his staff. "Through conversation with my customers it becomes visible who is happy and who isn't with our customer service," he said. "To me, customer service is and will always be first priority and if you do it well and do it to the absolute best of your ability, then everything else will follow suit. This simple task is so important for our customers and the moral of any staff. I try to provide training and one-on-one coaching to my staff whenever it's needed, but always at least twice a year."

Lane's bottom line: "Poor customer service is not tolerated, and if you expect the best from your people, then you get the best."

SMART Girls meet, retreat at Edelweiss

by RONALD H. TOLAND JR.
Bavarian News

U.S. Army Garrison Ansbach's 10 SMART Girls met with SMART Girls from Schweinfurt, Wuerzburg, and Wiesbaden during the first Skills, Mastery, and Resistance Training Girls program retreat at Oct. 26-28 at Edelweiss Lodge and Resort in Garmisch.

SMART Girls is a program that promotes internet safety, drug awareness, peer pressure, healthy habits, and looks at media influences, said Vincent Allen, Ansbach's youth services director and creator and coordinator of SMART Girls in Katterbach.

"The SMART Girls Club derived from the Boys and Girls Clubs of America that child and youth services are partners with," he said. "SMART Girls is a small health, fitness, prevention and education, and self-esteem enhancement program designed to meet the developmental needs of girls aged 8-12 and 13-17."

Allen said that through dynamic

sessions, high-participation activities, field trips and mentoring opportunities with adult women, the girls explore their own, and society's attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults.

"The target audience, 11-14-year-old females, and the topics and sessions for the retreat were particularly geared to all adolescent females with issues that they may deal with during this phase in their life," he said. "The event was important to make young females aware of issues that they may experience as an adolescent and the sessions taught them how deal with certain issues and to promote self-esteem."

"With the deployment, it is extremely important to bring up issues now that young, adolescent females may deal with."

He added that the benefit of participation is for the girls to gain

See **SMART GIRLS** Page 22

Community, Scouts show up for annual Make a Difference Day

Story and photo by
RONALD H. TOLAND JR.

Bavarian News

Making a difference was the order of the day at Storck Barracks and Katterbach Kaserne Oct. 27.

Volunteers at both areas came out early to get projects done the morning of Oct. 27 to make a difference in the community—show their support for the community and its Soldiers, said Erika Turner, coordinator for the event.

"The 2007 Make a Difference Day for USAG Ansbach was a great success," she said. "There were 38 volunteers in Ansbach and 17 volunteers in Illesheim."

At Katterbach, the morale, welfare and recreation volunteers focused on cleaning and minor repairs to the gazebo located in front of Bldg. 5817. The Cub Scouts, Boy Scouts, Army Community Service employees, and community volunteers focused on planting small trees, tulip bulbs, and clearing the sidewalks.

In Illesheim, volunteers focused on Memorial Park and Constitution Park. The Illesheim Elementary School Student Council cleaned and replanted the flower pots located at the main entry gate and the Scouts visited a nursing home.

"Thank you to Lt. Col Tammy McKenna (garrison commander) and Kevin Smith (director of the Illesheim Area Support Team) for supporting this community event, and also to all

volunteers who participated for taking the time to make a difference in our wonderful community," Turner said.

Volunteers came in all shapes and sizes, said Kimela Dickerson, Relocation Readiness Program Manager at Illesheim's Army Community Service, who coordinated the Storck Barracks' activities. "We have lots of volunteers—parents, children, Scouts—participating in Make a Difference Day."

Volunteers were provided free coffee, tea, hot chocolate, and breakfast pastries—sponsored by ACS—at the Illesheim Yellow Ribbon Room where the opening remarks took place before the projects began.

"They worked on the flower pots at the back entrance gate by planting flowers and plants," Dickerson added.

Sarah Johnson, student council sponsor at Illesheim Elementary School, said, "We are here to make a difference in our neighborhood and community by planting plants and yellow tulip bulbs that will blossom in the spring to let the community know we are supportive of our troops, and also showing the community that we care."

Bennie Johnson, Boy Scout Troop 177 Scout Master and night shift supervisor at the Illesheim Commissary said the day is about putting your caring into action.

"The Scouts are here today to show our community that we care and support the community. We're taking



(Clockwise from left) Omar Hall, Raqueen Shuman, Sarah Johnson, DaiJanae Bell, and Joshua Franson, all from Illesheim Elementary School, plant various shrubs and flowers in the light bases at the main gate of Storck Barracks for Make a Difference Day Oct. 27.

action and not just sitting back and talking about what we want to do," he said. "It also lets the young kids know that they can make a difference in other people's lives by participating in events like this—showing they care with support—and to make other people aware of what we do in the

Illesheim Community."

The troop went to the Diakonie Neuendeltesau-Waldheim, in Oberzenn, to take toiletries to the residents of the home located there. All volunteers received certificates for participating in Make a Difference Day.

Local students 'just say no' during Red Ribbon Week

Story and photo by
RONALD H. TOLAND JR.

Bavarian News

"Say No to Drugs," "Just Say No!" and "Hugs Not Drugs!" were some of the catchphrases heard Oct. 22-26 at Ansbach schools as students took part in Red Ribbon Week activities during mid-October.

Rainbow Elementary students planted red tulips Oct. 22 to start things off while students at Ansbach Elementary School chanted the phrases and held up signs saying many of the same things and more during a parade around the traffic circle in front of the school to conclude their Red Ribbon Week events Oct. 26.

Red Ribbon Week is a time for students to commit, but also to remember, said first grade teacher Lori Harmon, who also coordinated the parade.

"It is a time to remember drug enforcement agent Kiki Camarena who was killed in the line of duty and use his memory as a means to teach the children about drugs and why not to use them—learning is for life," she said.

"As a parent, I do not want my kids getting in trouble, I want them to know what is right and what is wrong—but if they aren't told what is right and wrong, they won't know."

Elementary schools weren't the only ones in on Red Ribbon Week, said Maria Ebert, a guidance counselor.

"Red Ribbon Week raises awareness in all the children and even the faculty of the importance of



Students at Ansbach Elementary School march to show their support for a drug-free lifestyle Oct. 26 as part of Red Ribbon Week.

having drug free communities—our programs are at all different levels for different classes and age groups with different activities every day," she said.

"The importance is to continue to drill into the kids that drugs are not the way to go—they need to hear the message beginning at a young age, consistently, across the board, every year."

And the activities even got parents thinking, including Marjorie Cleveland, who has a kindergartner and third grader in Ansbach schools.

"My children were very excited this week, so I think it is a good idea," Cleveland said. "It makes them aware of what drugs are—they came home quoting to me what the different kinds of drugs are—and at this young age,

It helped me be aware of what we do in front of our children—and they realize what we do—even the small things like over the counter drugs."

Other events included Rainbow's planting red tulip bulbs in the school's courtyard with students assisted by members of the garrison provost marshal's office—who took the opportunity to inform students of the importance of not doing drugs, and the effects alcohol and smoking have on people's bodies.

Jenny Oberschlake, registered nurse at the school, said, "Planting the red tulip bulbs teaches children hope and gratification about taking care of what nature provides. Contact with plants and nature promotes well-being, often relieving stress. The use of the color red is to attract attention

because it is a bold color, signifying the blood of the gruesome murdered drug agent."

"Therefore, the tradition of wearing and displaying red ribbons is a symbol of intolerance towards the use of drugs."

Sgt. 1st Class Max Feltz, USAG Ansbach Directorate of Emergency Services operations sergeant, assisted children in the planting of tulips to kick off the week.

"Kids need to understand the dangers of drug abuse and if adults, teachers and mentors can educate our children to stay drug free, then we may have saved a life," Feltz said. "The kids get a whole week to learn about the negative effects of drug abuse and learn the positive aspects of not doing drugs or being involved

Smoke Out lunch slated tomorrow

Continued From Page 21

"Smoking" by Alan Carr.

"I encourage patients to use it as a relapse prevention tool. Patients like the book and say that it helps them in achieving their smoke-free new lifestyle and quitting tobacco is a lifestyle change."

The decision to quit smoking is one that only the smokers can make. Others may want them to quit, but the real commitment must come from themselves.

At the center of the TRICARE and MHS' Great American Smokeout campaign is www.ucanquit2.org, the official Web site of the Quit Tobacco—Make Everyone Proud educational campaign sponsored by the U.S. Department of Defense. The mission of the site is to help uniformed service personnel quit tobacco—for themselves and the people they love.

This Web-based cessation information and support tool provides help to those wanting to quit tobacco and those helping others to quit tobacco. On the site, users can develop a personalized quit plan; get information; play games; listen to podcasts; connect to federal, military, state, local and online cessation programs; and communicate privately with a trained cessation counselor.

For more on the Smoke Out and the lunch and learn, see Page 8 and call Karen Lewis at DSN 468-7863 or CIV 0981-183-863.

with people who do.

"Planting the tulips with the assistance of law enforcement shows the kids that we are committed to helping them grow up healthy, just as the kids will help the tulips grow up with their nurturing and care," he added. "In the spring they will see what they did when the plants blossom."

Oct. 24, the middle/high school hosted a student assembly led by Richard Petersen, Adolescent Substance Abuse Counseling Services for DoDDS, with speeches from community members, leaders and parents.

"There is an increase of young folks in the community struggling during the deployment, and we are here trying to prevent them from resorting to drugs as a result," he said.

"We have invited several local parents to speak from the heart so the kids hear it not from their own parents, but from others as well. We hope that by doing it this way that the message of importance of how much we care about them will be conveyed and received, and the kids will make the right choices."

High school senior, championship quarterback and Eagle Scout John Willis-Morris advised his fellow students to listen up during Red Ribbon Week.

"It is a good opportunity for the middle and high schoolers to know that drugs are just not the way to go—it will only bring them down. That is not the way I want to live my life," he said. "I agree with everything said here today."

SMART Girls share experiences, learn about peer pressure at retreat

Continued From Page 21

pertinent information and learn new ways of approaching and dealing with certain situations as they come up.

"They then can share this with their peers back home at their installation that did not have a chance to attend," Allen added.

In addition, for the girls to gain new information and skills, they also

met and interacted with other girls from various other communities to share their experiences with one another.

"The girls were able to meet other SMART Girls members from other installations, forming friendships and bonding with new peers," Allen said.

Mission accomplished, said Darcy Valdespino, 16, daughter of Sgt.

Roberta Boyd of the Illesheim Clinic and stepdaughter of Staff Sgt. Shawn Boyd of the Katterbach Dental Clinic.

"I learned a lot about peer pressure: not to do drugs, watch out for backstabbers, internet safety and security—not to give your password to other people—that I really had no idea about. We also went swimming—that was fun. Overall, I had a great

time, a lot of fun and met some new friends," she said.

More than 32 girls from the communities participated in the retreat.

"It was an eye-opening, life-changing experience for all the teen girls who participated," Allen said.

"They had tons of fun and they can't wait until they reunite once again."

Ansbach's SMART Girls

participants were: Katie Broniarczyk, 11; Brittany Learn, 12; Kylie Newby, 11; Silvia Perez, 13; Kristy Reynolds, 12; Denise Rodriguez, 11; Nadya Rodriguez, 16; Nikki Siebrasse, 12; Chelsea Turner, 14; and Valdespino.

For more information, call Allen at DSN 467-2395 or CIV 09802-83-2395.

Spouses' Club having a 'Ball' raising funds

by AMY L. BUGALA

Bavarian News

Going once, going twice, don't miss your chance to take part in the eighth annual Bamberg Spouses' and Civilians' Club "A Night at the Masquerade" charity basket auction Friday.

For one night only, community members are being asked to leave their identities at the door, put on a party mask and get ready to give, anonymously if so desired.

BSCC 1st vice president Cynthia Giesecke and the basket auction committee have a spectacular evening planned for the annual fundraising event at the Warner Club.

"There will be a sense of mystery this year as to who you are bidding against in the live auction and that just adds to the fun," says Giesecke. At the center of it all will be a fast-paced live auction led by guest auctioneer Command Sgt. Maj. James Spencer, 16th Sustainment Brigade. Giesecke is confident Spencer's personality will keep the bid paddles flying while taking bids on each of the 25 themed baskets during the live auction event.

The fall auction is just one of the larger fundraising events organized by the BSCC, second to the Bazaar with Heart taking place the second weekend in February 2008.

"There is no masquerade to what we do," said Leslie Smith, BSCC president. "The slogan for the club this year is, 'A Community of Helping Hands' and that is precisely what we do," she says. "We are 83 hearts and 83 sets of hands from all ranks and all groups working for this community," she said, referring to the membership total this year.

Yearly, the BSCC organizes over a dozen community events like the auction that make it possible for the club to fund thousands of dollars in scholarships and grants to individuals and organizations within the Bamberg community.

"Fundraising is what we do best," said Smith. The BSCC takes the management and administrative responsibility inherent to fundraising off smaller organizations, allowing them to focus on what they do best.

15th Army Junior Reserve Officers' Training Corps instructor, Maj. (Ret) Madonna Roberts stated it clearly: "Bottom line, without the BSCC, we would have to spend more time fundraising and less time doing volunteer work." Last year, the group received funds enabling them to purchase items for the drill team and color guard. "We purchased new covers for the American and JROTC flags," she explained.

Those organizations that receive from the BSCC are no strangers to giving. Giesecke



Photo by James Fredrick

173rd Special Troops Battalion family readiness group member, Jeanette Bond and rear detachment Staff Sgt. Willie Starks add a few more items to the 173rd STB FRG's "It's all about Europe" theme basket. The cart and its' contents will be one of over 25 baskets that will be up for bid during the Bamberg Spouses' and Civilians' club annual charity basket auction.

rattles off the list of organizations donating baskets to the auction event this year, among them is the Aqua Barons swim team whose "Feelin' Groovy" basket brought in the most dollars last year. The auction committee hopes the team's "C'mon Baby...Light My Fire" basket, complete with fire pit and associated accessories, does just as well on the auction block.

"The BSCC's grants off-set the individual swimmers costs to rent a local pool for practice and home meets, enabling us to use team money to purchase training equipment and build a

stronger program," said Aqua Barons volunteer coach Ted Hodges.

The business of the BSCC has been going strong for 48 years in Bamberg and when Smith speaks of the "business" of this group she means just that. It is a business.

"We are always looking to make this organization better. The members should be proud of what they do," she said. "This is a lot of volunteer work and we have a lot of talented people that are able to share their talents with the community."

Giesecke said there is still time to join the

fun and participate in the auction for only \$5 per person which includes a mask and bidding paddle. Those wishing to have dinner that evening must RSVP no later than today. Tickets can be purchased for the auction at the door or at the Thrift Shop, open Tuesday through Thursday 11 a.m. to 5 p.m., or by e-mailing reservations@bsccgermany.com. Those wishing to have dinner must RSVP no later than today. Dinner tickets cost \$15 per person. Doors open at 6 p.m. To learn more about the Bamberg Spouses' and Civilians' Club log-on to www.bsccgermany.com.

Challenge: Putting out the butt

by LORI COLE
Bamberg Health Promotion Intern

Are you thinking about giving up cigarettes but unsure if you are ready to make the commitment?

The Bamberg community is challenged to join millions of other Americans who are giving up smoking for the day, and possibly forever, tomorrow during the 31st annual Great American Smokeout.

Support and resources for quitting can be found at the Bamberg Health Clinic. An information booth sponsored by the clinic will be set up outside the commissary from 10:30 a.m. to 1 p.m. tomorrow. Smoking cessation information, awareness, and encouragement to quit will be provided. See Page 8 for more details.

In addition, all those taking on the challenge to "butt out" can stop by Ray's Diner during the lunch hours and pick up a "cold turkey sandwich." Great American Smokeout posters created by the children at the Child and Youth Services will be on display at both the dining facility and the commissary.

As the day to quit draws near, remember—you don't have to go it alone! Sign up for monthly smoking cessation classes every fourth Tuesday of the month, except for the month of December. Contact the Health Clinic for more information or to sign up for the course at DSN 469-7772.

Soldiers offered holiday 'home-away-from-home'

USAG Bamberg PAO news release

Still looking for something to do over the holiday season?

Bamberg Soldiers can experience a traditional German Christmas by participating in the Christmas Good Cheer program this holiday season.

The program, sponsored by the German-American Men's Club and U.S. Army Garrison Bamberg, brings Soldiers together with local German families for one or two days from Dec. 24 through Jan. 1.

Soldiers do not have to speak German to participate as many of the host families can speak English and have visited the United States. Also, Soldiers can go alone or share the experience and bring a friend.

Commanders should encourage their Soldiers to take part in the program because it strengthens the bonds between the military and

German community," said Lt. Col. Gary Rosenberg, USAG Bamberg garrison commander.

"The intent behind the program is to create stronger bonds between Americans and Germans," said Helmut Funke, German-American Men's Club president. "Also, we want to let Soldiers know they are not alone and provide them with a 'home away from home' while they are here."

He noted that the program has been going on for over a decade and is a great opportunity to see German ways of life, local hospitality and customs during the holiday season.

To sign up for the Christmas Good Cheer program, Soldiers can get an application from their unit sergeant major or from the Public Affairs Office, Bldg. 7089.

Soldiers should sign up by Dec. 6. For more information, call DSN 469-1600 or CIV 0951-300-1600.



A German family meets their American guest during a Christmas Good Cheer meet and greet at the CAC to discuss holiday plans.

Photo by Nicole Karsch-Meibom

Library activity teaches American Indian tradition

Briana Gilyard, (9) daughter of Chief Warrant Officer Drayton Gilyard, 173rd Brigade Support Battalion, learns how to construct a totem pole during a National American Indian Heritage Month activity at the Bamberg library Nov. 6. Totem poles were traditionally carved from the trunks of tall cedars to record the history and ancestry of a particular clan, illustrate folklore, or commemorate individuals.



Celebrate diversity and learn more about American Indians by attending the Nov. 21 National American Indian Heritage month event at the Bamberg Elementary School.

The Pow Wow starts at 1:45 p.m. and features American Indian dancers. For more information, contact Sgt. 1st Class Curtis Freeman at DSN 469-8624.

Look for the Bavarian News online at www.milcom.de

16th Special Troops Battalion spooks kids

**Story and photo by
Sgt. KEITH M. ANDERSON
16th SB PAO**

Children painted pumpkins, pinned the bone on the skeleton, made creepy crafts, and danced the cake walk at the 16th Special Troops Battalion, 16th Sustainment Brigade, Fall Harvest Fest at Bamberg Elementary Oct. 27.

The two-hour battalion event celebrated Halloween and the traditional harvest festival.

"It brings families together and helps them get to know each other," said James McElwain, Family Readiness Group leader, 106th Finance Management Company, 16th STB. "And the kids have a good time in a safe environment."

McElwain's son, Andrew, enjoyed many of the spooky booths, but spent the most time at the pumpkin-decorating table.

"Painting has been his favorite so far," said Andrew's mother, Maj. Rebecca McElwain, commander, 106th FMC.

The two-hour festival included a pumpkin-head scarecrow photo booth, a fish piñata event, a cake walk, a costume contest, spooky bowling, a creepy crafts table, a coloring table, a pumpkin-painting booth, a pin-the-bone-on-the-skeleton contest, a candy-jar guessing contest, and all the cakes, cookies, and candy that kids

could eat.

Sgt. Amencio Almanza, first cook, Headquarters and Headquarters Company, 16th STB, said his daughter Estellita liked the games and events, but that wasn't her favorite part.

"I think it is the food, so far," Almanza said. "It brings the families together," he said. "We don't get to meet a lot. And since some of us are going to deploy, this is a good start."

Dede Martinez, FRG leader, HHC, 16th STB, said the event was about having a good time.

"It gives everyone a chance to dress up and meet others and just have fun," Martinez said.

Martinez said she loved the events and the costumes, but really enjoyed the cake walk, where contestants walked around in a circle as the music played, and then stopped on a number when the music stopped. The individual standing on the winning number, drawn by chance, got his or her choice of cake.

"My favorite event would be the cake walk because I love the way the cakes look," she said.

Command Sgt. Maj. Gregory Williams, command sergeant major, 16th STB, said that Bamberg is a small community, and that events like this one give the children something to do that is safe and builds camaraderie, and gives parents positive control. "And I think the kids had a good time," he added.



Maj. Rebecca McElwain, commander, 106 Finance Management Company, 16th Special Troops Battalion, talks to her son, "King" Andrew, as he paints his pumpkin at the 16th STB Fall Harvest Festival at Bamberg Elementary Oct. 27.



Photo by Sandra Wilson

Four-year-old Kelsey Gunter bobs for an apple at Schweinfurt's Harvest Fest sponsored by the Chaplain's Office Oct. 31. The evening was full of candy and fun for all ages and was a "roaring success" according to event organizer Cynthia Browning. Estimates say nearly 800 adults and children attended the event.



Photo by Renate Bohlen

Two magical fairies were among the hundreds of children in costumes trick-or-treating on Halloween through Warner Barracks, Bamberg.



Photo by Roger Teel

Wuerzburg Trunk-or-Treaters, approximately 250 children, flooded the PX parking lot with ghosts, ghouls, and jack-o'-lanterns Halloween night. AAFES gift certificates were awarded to the three best decorated cars. The Merkley Family roped first prize. Their Hogwarts-themed display included the entire family in costume with mom Marae, son Jesse, and daughters Jillian, Miranda, Grace and Avery all helping keep up the Harry Potter Halloween.



(Clockwise) Alex Santiago, best youth costume; Rachel White, overall youth winner; Keri Sadler, top adult female; and Jory Sadler, top adult male with their trophies from the U.S. Army Garrison Ansbach Morale, Welfare and Recreation-hosted Halloween Hustle 5-K Fun Run Oct. 27 at the Bunch Fitness Center on Stork Barracks. Thirty-seven runners of all ages, with some costumed, participated in the event. Organizer Russell Jackson from MWR said 2-159th Aviation took home the most participation trophy. Participants in the Halloween Hustle earned double miles as registered participants in the Walk to Iraq and Back program.

Jory and Keri Sadler, Illesheim DENTAC, winners of the overall men's (time 28:57) and women's (time: 29:05) categories; Rachel White D 2/159 (time 57:58), overall youth winner, and three year old Alex Santiago, son of Elizabeth of 3/158 Aviation, winner of best youth costume, pose for a photo with their trophies after the run. Best Adult costume went to Keri Sadler.

Courtesy photo

Covenant signed as Army promise to families

**Story and photo by
KIMBERLY GEARHART
Bavarian News**

Army Families are Army Strong, and Army leadership is making a promise to ensure families only grow stronger in the future.

The Army Family Covenant is a pact between the Army and its Soldiers and Families, recognizing the strength of the family as the backbone of the Army and committing time and resources to improving housing, education, job opportunities, and more.

"It's our family; it's our community, and we take care of each other," said USAG Schweinfurt Commander Lt. Col. Tony Haager.

Across the world, Army leadership is symbolically sealing the pact with families by signing copies of the Army Family Covenant. Haager and Brig. Gen. Stephen Lanza, deputy V Corps commander, placed their names alongside the signatures of the Secretary of the Army, Sgt. Major of the Army, and the Army Chief of Staff, bringing the big Army promise into the garrison, where it belongs.

"We, here in Schweinfurt, have been on the cutting edge of family-centered improvements even before the covenant," Haager said, noting that the popular "Family Strong" video now being circulated could easily have been recorded in Schweinfurt.

From MWR programs such as the street

festivals and family-friendly trips to discounted childcare and numerous community facility upgrades, the Schweinfurt community has benefited from the Family focus that makes this garrison unique.

This uniqueness extends to the covenant itself. The USAG Schweinfurt document is personalized with pictures from local events, thanks to the efforts of the MWR staff, a move Lanza praised, noting that the covenant itself may mean more to people when they see themselves pictured on it.

The covenant, which calls for a standardization of Army services across all installations, reinforces at the Army level the work now being done at the local level.

"[The covenant] is to ensure that there are no have-nots. Everybody's a have," Haager explained.

This guarantee is especially important with the current deployment tempo in today's military. Soldiers are spending more time away from their families, and the Army knows that if the family isn't ready for a deployment, the Soldier cannot focus on his mission.

"When you go downrange, you don't have time to worry about anything but the mission in front of you," Haager said.

With the covenant, the Army is taking steps toward making sure you don't have to worry, because your family will be supported, protected, and they will be Army Strong.



**Brig. Gen.
Stephen Lanza
and Lt. Col.
Tony Haager
seal the Army
Family
Covenant with
their
signatures to
bring the big
Army promise
down to the
garrison level.**

Scarlet fever deserves respect, not fear

**by PHILLIP TEGTMEIER
ERMC public affairs**

Scarlet fever. It once was a childhood disease that annually killed thousands in the United States. But today's strains aren't nearly as aggressive and can be treated relatively easily, said the Army's top pediatrician in Europe.

Scarlet fever has recently emerged in Schweinfurt, with an undisclosed number of cases having been reported here, according to local medical officials.

Dr. (Lt. Col.) Robert A. Smith, Europe Regional Medical Command's pediatric consultant and commander of the Hohenfels Health Clinic, said parents no longer have to face the same fears of the disease that, perhaps, their grandparents did.

"It (the bacteria that causes scarlet fever) used to be a very virulent disease that caused more complications," Smith said. "The strains now don't seem to be nearly as dangerous."

Scarlet fever is caused by the Group A streptococcal bacteria that cause the more common "strep throat." But with scarlet fever, the bacterium creates a toxin that attacks skin cells, causing them to turn red. It is distinguishable by a red rash that begins around

the throat and on the chest that, if untreated, spreads rapidly to the trunk and extremities.

"It's a treatable disease because it responds well to penicillin," Smith said. "We've seen about the average number of cases this year—I haven't seen a lot of it. But, parents should be aware of the disease and become familiar with the symptoms."

He said a child coming down with the fever will likely feel sick and complain of a sore throat and headaches. Other symptoms include the rash, which begins to develop after about 24 hours, and nausea and vomiting. Children between two and 12 are most susceptible to contracting the disease. He said it is rare for preschoolers to get it, and older children have built up a partial immunity to it.

"About 10 percent of children who come down with strep throat will develop scarlet fever," Smith said. He said the number fluctuates, too. "It comes and goes. Some years it's 10 percent, some it's 20."

Once doctors diagnose a child with the disease, the treatment consists of fever reducers, like ibuprofen or Tylenol, and a 10-day regimen of penicillin. Smith said the penicillin should be taken all ten days, until it is used up. Parents should also remember not to share medications

with others in the family, or stop giving the doses just because the child feels better.

"After treatment begins, a child will begin to look and feel better after two or three days. They can return to school after they've been taking the penicillin for 24 hours," he said. "It's not like chicken pox, where the parents have to keep the child home for 10-14 days."

He did urge parents, though, to take the disease seriously and get treatment for their children.

"If a child complains of being sick, it's usually because they are," Smith said. "They're not like adults who have been known to claim illness to get out of going to work. If children are sick, they'll let you know."

Parents can also teach their children some basic personal hygiene tips, like washing hands, coughing or sneezing into a tissue or the crook of an elbow, and maintaining a proper diet. The bacterium behind scarlet fever is spread by coughing and sneezing, he said.

"People get things from people," Smith said. "If everyone stayed home, we'd be fine. But since we do go out and interact with others, we just need to be aware of the illnesses out there, and seek treatment when the first signs of something appear."

Retreat for teen girls hosted in Schweinfurt

**by SANDRA WILSON
Bavarian News**

Mirror, mirror on the wall, who's the fairest of them all? As a teen, many girls may not choose themselves as the answer to this question, but the upcoming Discover Your Inner Beauty retreat says they should.

Schweinfurt and Bamberg Girl Scouts have received a \$1,000 grant to implement a weekend getaway for teen girls overseas ages 14 to 17 years old. No membership with girl scouts is necessary—the weekend is open to all teen girls. Schweinfurt will host the overnight event which will take place at the Ledward Teen Center and will start Nov. 30 and run until lunchtime Dec. 2.

"We're not really reaching out to the older girls, and I'm hoping that this will be a start," said Patty Sahli, overseas committee chair for Bamberg Girl Scouts. She explained how a lot of energy is put into trips and projects for the younger kids in girl scouts, but the teens are often overlooked.

And the need is great for a special event for the teens. In daily life, many teens are plagued with a low self-esteem and as a result may develop eating disorders, become addicted to drugs or alcohol, have suicidal tendencies, or resort to other self-destructive behaviors.

Our teens are unique in that they often have to deal with a parent being deployed for lengthy periods of time as well as constantly moving from school to school as parents are assigned to new duty stations, said Sarah Small, overseas committee chair for Schweinfurt Girl Scouts. That adds to teen stress and low self-esteem.

Sahli and Small desire to address low self-esteem in the weekend retreat by offering classes for teens about stress, the damage of gossip, dating issues, body care, portrayals from media and advertising, how it's different being a military teen, and more.

But it's not just a bunch of lecturing. The girls will be given skin care kits and will learn about how to care for themselves. Exercise sessions will get their feet moving, and crafts will help them to express their creative side. Yoga and relaxation techniques will ease stress, and a dance sampler will teach the teens some new groovy moves.

"These girls really need that. These older girls have tougher course loads and sports," said Sahli. "I'd like them all to have a memorable time and learn something and make new friends."

"If they could take one thing away from this retreat it would be to love themselves for who they are, and don't change for anyone," said Small.

In addition to the retreat for the girls, parents are also encouraged to attend the adult sessions throughout the weekend where they can learn about how to talk to their teenager and how to better understand what they're going through.

To pre-register your teen and yourself, call Sarah Small at CIV 09729-90-7099 by Nov. 20.

Volunteers sought for children's Christmas play

**Story and photo by SANDRA WILSON
Bavarian News**

Santa, shopping, presents, tree, and "Sing Noel."

Put "Sing Noel," the children's Christmas program, on your holiday to-do list, because practice has already begun. More kids and adult volunteers are needed for the production which will be performed at Ledward chapel Sunday evening, Dec. 16 at 6 p.m.

Participants in the program range in age from kindergarten to sixth grade and the roles of shepherds, wise men, and angels still need to be filled.

Setting aside all the commercial aspects of the holiday, the program is geared toward remembering Christ's birth.

"When children do a play like this, it really sets it in their hearts about what Christmas is about," said Gloria Kessler, volunteer director of the program.

Adult volunteers are needed for running the lights and for monitoring the children during practices which are held every Tuesday from 5 to 6 p.m. in the Ledward sanctuary.

The program, adapted by Kessler, was originally performed by teenagers at the military installation in Vicenza, Italy. After some modifications, the play is now written for younger actors.

The storyline follows children as they do the final rehearsal for a Christmas play. Some are excited about the day of performance and others, pushed by their parents to participate, take some time to warm up to the idea.

Kessler explained how the storyline may coincide with the actual attitudes of the children on stage. Although so far, it seems like all the



(From left) Janelle Bautista, Dani Cross, and Hannah Kessler listen to Director Gloria Kessler's instructions as they practice for the Dec. 16 "Sing Noel" children's Christmas program.

children love being at the practices.

"It's not just putting on a play; it's reaching [the kids] for the real message of Christmas," she said.

For more information on how you can volunteer or your child can participate, call Kessler at CIV 0151-5234-9021 or e-mail gjkess@yahoo.com.

Schweinfurt

Task Force 1-26 returns home

Story and photo by
KIMBERLY GEARHART
Bavarian News

The first large group from the 2nd Brigade Combat Team, 1st Infantry Division, to deploy is now also the first to return: Task Force 1-26 has come home.

Oct. 28, families gathered in the Finney Fitness Center to await the return of the final two waves, 222 individuals, of the main body of returning TF 1-26 Soldiers.

"My stomach's been turning all day," said Kate Olson, who was waiting for her husband, Sgt. Scott Olson. "You know when he came home from R&R? A year ago today," Kate added.

With such a large group, many Soldiers took rest and recuperation leave, or R&R, early to ensure that everyone would get a chance. The additional three months extension meant that some families, such as the Olsons, may have spent a year or more apart.

Spouses and children waited excitedly for their loved ones to arrive, checking manifests repeatedly just to be sure their Soldier was really on the way home.

"My dad's coming in," said Victoria Richards, a 15-year-old family member with 299th Forward Support Battalion. Richards, like Olson, was feeling butterflies as the time drew near for her family's reunion.

Yvette Stewart, whose husband Master Sgt. Maurice Stewart is wrapping up his fourth deployment from Germany alone, noted that while the deployments never get any easier, the reunions do.

"You kinda get to where you know what to expect," she said. Master Sgt. Stewart and Master Sgt. Elmer Richards, Victoria's father, served together in Iraq during this deployment.

Soldiers returning to their families are released to go home with their spouses. Single Soldiers are made welcome and comfortable by their rear detachments.

"We have one person for every three incoming single Soldiers," explained Sgt. 1st Class David Hanid, of 1st Battalion, 7th Field Artillery. Soldiers are escorted back to their new barracks rooms, which have been prepared for their arrival.

"They have snacks, soups, whatever the FRGs have put together.

Some churches and other entities from the States donated sheets and such, so they have everything they need right there, hopefully," he added.

If the single Soldiers have significant others, such as girlfriends or fiancées, living on the economy, rear detachments and FRGs work together to make sure they are able to participate in the welcome home celebration as well.

Many people turned out to support the incoming Soldiers and their families, including wounded warriors looking for their friends to return, agency representatives from around the garrison, and FRG leaders.

"I'm here as a supporter," said 1st Battalion, 77th Armor Regiment FRG leader Tonia Johnson, whose husband has yet to return from his deployment with the Dagger Brigade.

Johnson, who has spent 20 years as an Army spouse, noted that changes to the homecomings, including the tighter schedules and manifest lists, help reduce the stresses families feel when waiting for their loved ones to come home.

"It's become better, more planned. We really appreciate what the Army and the brigade has done to make this easier on families," she said.



Family and friends ran to embrace their redeployed Soldiers Oct. 28 at the Finney Fitness Center.

Blue Star continues to shine: CYS

by MARK HEETER
Bavarian News

The Blue Star Card program, the Schweinfurt Child and Youth Services version of the Army Family and MWR Command 15:12 initiative, is off and running, having been launched in August.

"It's the Army's way of providing extra support to families that are affected by the extended deployment," said Kris Davis, the CYS program operations specialist who had been acting CYS coordinator for the past several months.

The dollars are rolling in for Schweinfurt families, who have been

able to save \$17,000 since August in costs for regularly scheduled child care, according to Davis. And the Blue Star card has meant an additional \$10,000 in family savings for sports programs, she said.

"This is a tangible way that the Army leadership is showing that they appreciate the sacrifices that our families and Soldiers make," she said, noting that the program offerings were designed to benefit the families and children of deployed Soldiers but have since been extended partially to garrison and rear-detachment families as well.

"I think perhaps the biggest benefit is to relieve some of the stress that

families are going through with this deployment. We really want to make that as easy and painless as possible," said Michael Payne, the incoming CYS coordinator who is returning to an agency he worked with earlier in his career.

"The CYS Team here in Schweinfurt has done a tremendous job in helping to support needs of the community during a difficult and stressful deployment," Payne said.

The Blue Star card program has been in effect long enough for program officials to evaluate which programs to continue, and where adjustments need to be made.

One change is that, effective Nov.

saves families money

12, the Child Development Center and School Age Services will no longer remain open Thursdays until 8 p.m.; this will allow the staffs to provide free child care to families on day three of reintegration.

"It's a far better utilization of the caregivers' time to be supporting that as opposed to a program that is not being utilized in the community," Payne said.

The extended Thursdays were not heavily used by families, so officials looked at how to better serve the deployed and reintegrating families, Davis said.

"It's really diverting some of our resources to be there to provide that

care," she said. "It was our least-used program."

Super Saturdays will continue on the second Saturday of each month, and around 80 children took advantage of the offering Nov. 10.

Davis wanted to remind customers specifically of two important points. First, all the Blue Star programs will continue for the families from the 1st Squadron, 91st Cavalry. Second, parents should consider the timing of their requests to use hourly care, she said.

"There's usually more availability in the afternoons than in the morning," she said. "They have more than one option."

ACS takes the scare out of computers

by SANDRA WILSON
Bavarian News

When the technology that is supposed to make life easier no longer works that way, many people may want to throw in the towel and give up. Perhaps the most frustrating thing about computers is when a "user friendly" program just isn't.

Army Community Service knows the importance of computer skills and has scheduled computer classes next week at the Digital Training Facility in Finney Fitness Center to be open to the entire community on a first-come, first-served basis.

"We have people all the time that don't feel that their computer skills are what they should be," said Frank

Jackson, employment readiness program manager.

"It's not just for people who are seeking jobs... it's for everybody—even teenagers who have a day off from high school. It'll help them with their homework," said Grete Timmons, the contracted instructor of the courses.

Classes range from basic computer training to Microsoft Word, Excel, Access, Power Point, and more. Advanced training in these programs is also available. Classes for each computer application can be taken separately and run from 8 a.m. to 12:50 p.m. with a certificate of participation awarded at the completion of a class.

Timmons recommends everyone

take the basic courses before moving onto the advanced classes which will begin Nov. 26.

"A lot of people actually think they are very good with the programs," said Timmons.

But in beginner's classes, they learn many new tricks that make working with the program easier, and afterwards they realize how much they didn't know, she said.

No previous knowledge about the programs is necessary for the basic classes. Timmons also highly encourages people to bring in real-world examples to work on in class.

Call ACS at DSN 354-6933 or CIV 09721-96-6933 to sign up or to get a schedule of the classes offered.

Give creativity an outlet at Wood 'N' Frame Shop

Story and photo by
MIRANDA MCLEAN
Bavarian News

Looking for a place to create unique, homemade Christmas presents? How about a place to frame those photos you took during your recent travels? Or maybe you need to build some custom shelves for your bedroom. Believe it or not, you can do all of the above at the Schweinfurt Wood 'N' Frame Shop.

For customers who need help along the way with any venture or design, Achim Friedrich, facility manager, is there to help. With over 26 years of experience working for the Wood 'N' Frame Shop, customers are in good hands.

"We assist. We show them the tricks of the trade, help them out step by step," he said.

The shop is broken into two sections: the wood shop and the framing section. In the wood shop, customers can use a variety of power tools to work on customized projects such as entertainment centers and shelving units. Smaller projects such as toys and chessboards can also be tackled in the same area. Friedrich offers a "Make Your Own Chessboard" class Tuesday nights.

However, before using the wood shop, customers are required to take the free orientation class, offered the first and third Saturday of the month.

"It's a requirement to (learn) safe and proper use of the machinery," said Haywood.

Friedrich explained.

On the framing side of the shop, customization is a popular feature. All necessary supplies are available at the shop. There is a large selection of over 50 colors of mats and molding styles. In addition, the Schweinfurt Crafts Studio works in conjunction with the Wood 'N' Frame Shop and provides engraving.

"We do custom framing but they still have the ability to come in and do their own framing," said Friedrich. For beginners, Friedrich offers a custom framing and matting class, every second and fourth Saturday of the month. It's an opportunity to save a little money and take pride in creating art, according to Friedrich.

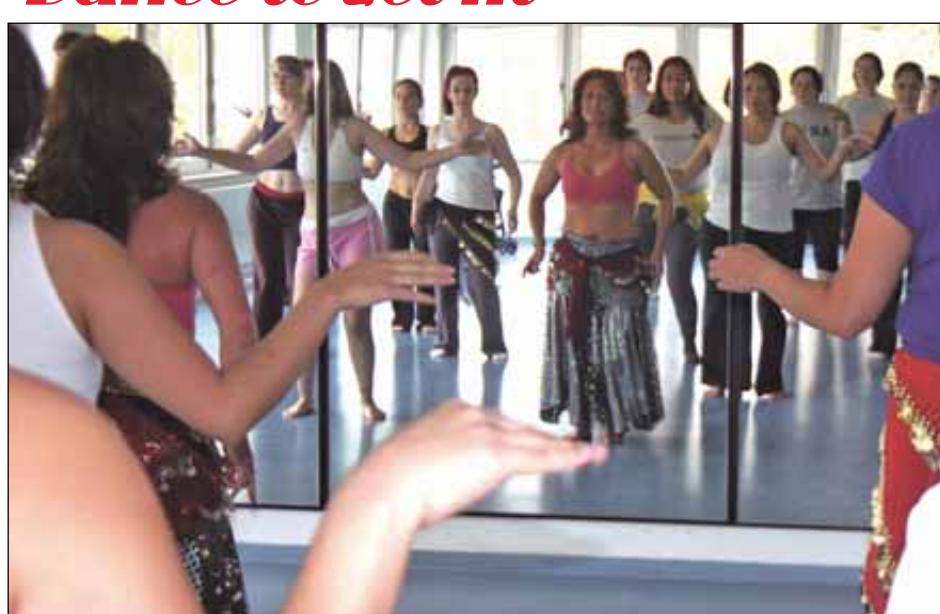
"I had a couple things I wanted to frame. I had done art in the past and thought this would be a good way to learn the art [of framing]," said Jamie Taylor, class participant.

According to David Haywood, MWR Director of Arts and Crafts, the Wood 'N' Frame Shop offers award worthy services.

"It provides an economic source for matting and framing...and also self-help in both framing and woodworking with a qualified instructor," said Haywood.

The Wood 'N' Frame Shop is open Tuesday through Friday from 2 to 8:45 p.m., Saturday and Sunday from 10 a.m. to 4:45 p.m. For more information or to sign up for a class, call DSN 354-6304.

Dance to get fit



Cathy Jacobi, 1st Battalion, 77th Armor Regiment family member, taught belly dancing lessons Oct. 23. Twenty-two women gathered at the Finney Fitness Center for the "I Can Do It" Success Series class, sponsored by Schweinfurt's Army Community Service.

Photo by Sandra Wilson



Friedrich

DIVISION II CHAMPS

Ansbach Cougars clobber Barons 44-8, add Div. II championship to trophy case

by JIM HUGHES
Bavarian News

The Ansbach Cougars completed another perfect season by dominating the Bitburg Barons into submission with a 44-8 victory in the Division II high school football championship game at Baumholder Nov. 3.

The 2007 title is one for the thumb for the Cougars—its fifth in six seasons, but the first in Div. II as Ansbach moved up a division thanks to military transformation in Europe.

The two defending champions, Ansbach from last year's Div. III title and Bitburg with its Div. II title, squared off in a re-match from an October game where the Cougars slammed the Barons in Bitburg 38-8.

Cougar players and coaches said they heard from the Bitburg side that things would be different in the championship since the Barons would have star running back Anton Harris back in the lineup.

It was different. Cougars players dropped 44 points on the Barons and took away the Div. II crown for their own trophy case.

"We'd heard Bitburg saying that we only won in the regular season because Harris wasn't there and they would give us our comeuppance at the Super 8," Coach Marcus George said. "We were the little dog and they were going to put us back in our pen."

"We felt a little insulted as to the size of our school," George said of Ansbach's smaller student body when compared to all other Div. II schools. "We came out and played with as much passion and intensity as we could play with. In football, you can only put 11 people on the field and we feel our 11 can play with anybody else's 11—we proved our point."

The teams played to an 8-8 draw in the first half as Bitburg took up most of the first quarter with a drive capped off by a Harris touchdown reception and two-point conversion.



Stars & Stripes photo by Michael Abrams-Copyright 2007

They are the champions! Ryan Snow, Xavier Sheppard, Thomas Graham, Jacob Burnside, Dominic Barrale, Rancel Arrocha, Jordan Shack and the rest of the Cougars celebrate winning the 2007 Div. II football championship over Bitburg, 44-8, Nov. 3 at Baumholder during the Super 8.

The Cougars and star quarterback John Willis-Morris responded with a 55-yard touchdown pass to fellow senior Jiamine Kimbell and with a successful conversion knotted the game at 8-8.

Then came the big second half turnaround. Willis-Morris showed his versatility with a 60-yard punt return for a touchdown, a rushing touchdown and three TD passes. Xavier Sheppard, Thomas Graham, and Rancel Arrocha rounded out the scoring.

But it was more the defense that made it happen by stopping Bitburg at every hash mark than an offensive avalanche, George said.

"Gary Feletar, our defensive coordinator, deserves all the credit," George said. "Harris is their (Bitburg's) team and he reminded them to wrap him up which they weren't doing in the first half and to hit him low where he isn't so strong. They started doing that in the second half and it gave our offense the ball more and more. It was more the defense

giving our offense that ball over and over. When the offense has the ball, they get into a rhythm and we can be explosive."

Willis-Morris, who's been with the Cougars for four years, said this championship is one to remember.

"We got focused in the second half and (Harris) seemed to get tired and we beat them," he said. "This is the best way to go out—I started here as a freshman and going out like this with a lot of the seniors I've been with a long time feels really good."

The heart of Cougar success is family—not blood ties, but a sense of togetherness and camaraderie that extends past the football field, Arrocha said.

"Everyone is a big family—we're always together at school," said the fullback and cornerback. "It helps because if you don't play as a team, you won't win games. One big unit wins games—not individuals."

Sheppard added that the team's resiliency impressed him this year.

"We were down three times this year and we got a victory in each instance," the running back said. "We had the ability to step up and come back."

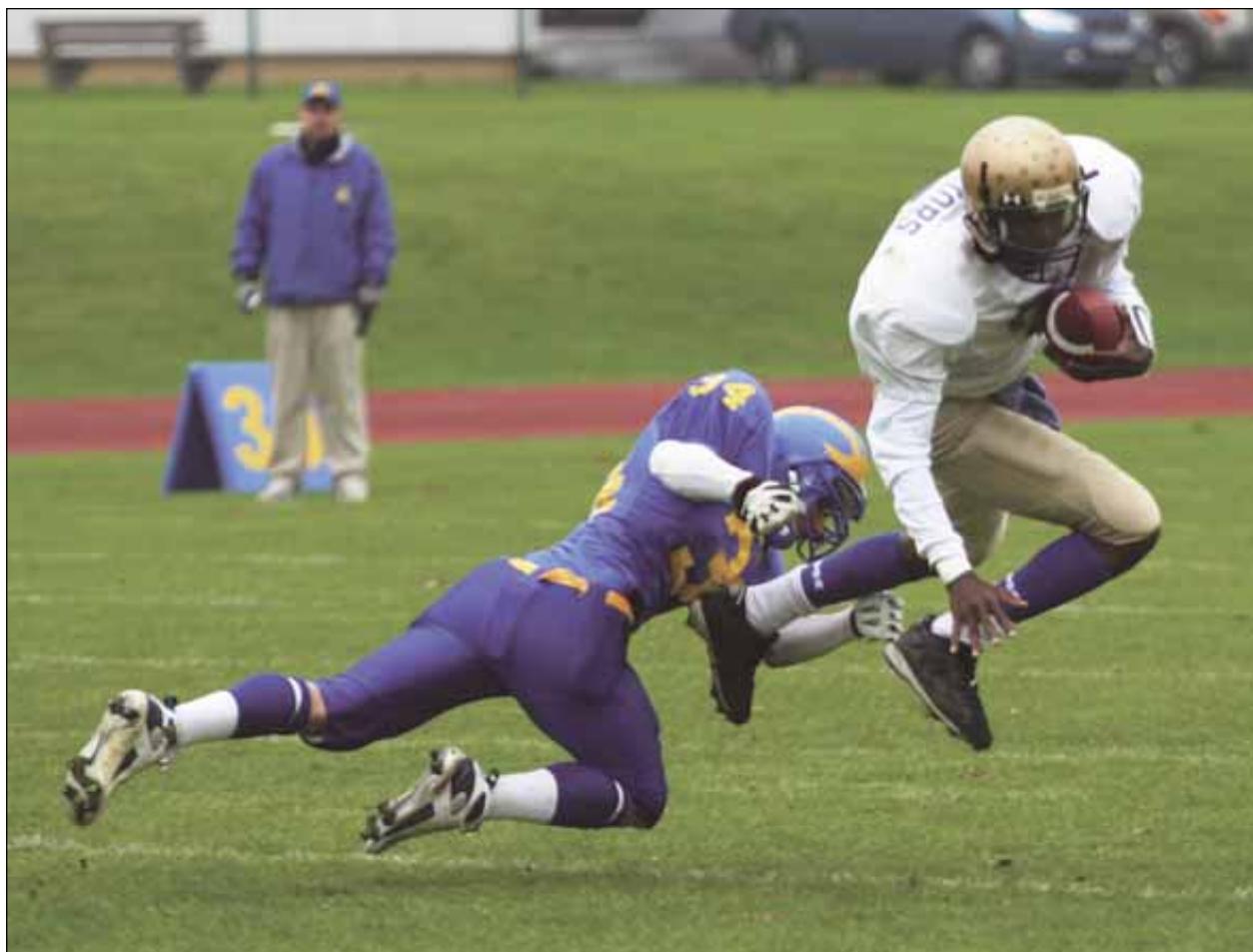
And it was different people at different times doing the stepping up, added Kimbell.

"No one sat around waiting for things to happen—if you do that, you'll lose," he said. "They made things happen."

Ansbach loses 10 seniors after this year: Willis-Morris, Sheppard, Graham, Kimbell, Storm Freeman, Arrocha, Brian Moderie, Ryan Snow, Justin Harris, and Jacob Burnside. But optimism reigns at a school where championships are a way of life.

"This is my 33rd season as head coach, and this year I'm saying the same thing again: 'Oh my God, what will we do next year?' But our small guys will grow up, new people will move in, we have a nice corps of juniors and many of them are coming back—we'll be back next year ready for the show."

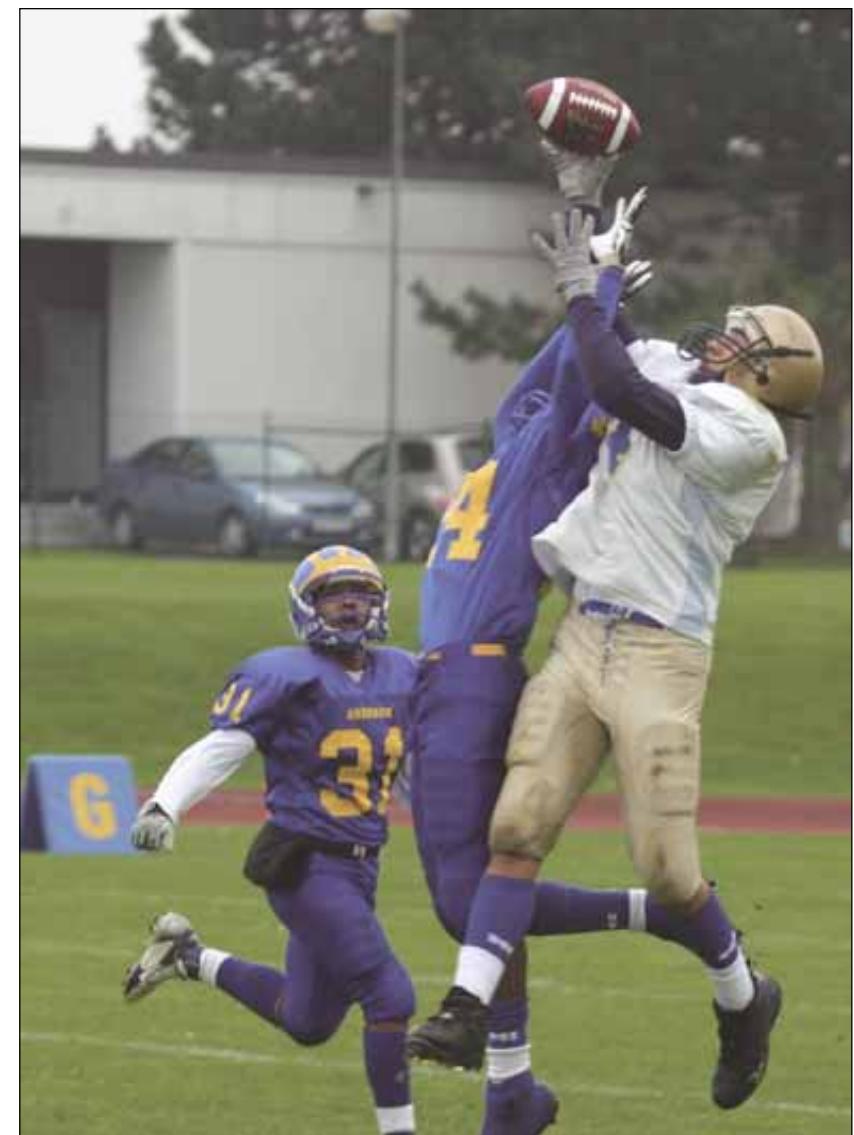
And standout offensive and defensive lineman Burnside offers this advice to lower classmen following in the cleat marks of the seniors: "Stay together, stay a team," he said. "That's why we win at Ansbach—we're a family here. Other teams, you hear about their big players, where here we're a family—we help each other, build each other up and help each other get better."



Photos by Jim Hughes

(Above) Shane Williams sacks Wiesbaden quarterback Terrell Harper during the Cougars 36-0 home playoff win over Wiesbaden Oct. 27.

(Right) Jiamine Kimbell goes up for the ball as Rancel Arrocha rushes over during the Cougars game against Wiesbaden Oct. 27.





The MPs have the ball as they battle the Meat Pimps in the first elimination round of the day.

Photo by Beate Damato

It wasn't Monday Night, but it was football

Three teams battle it out during Garmisch flag football tournament

by JOHN REESE
Bavarian News

The Meat Pimps butchered the NATO School 18-6 in a double-elimination flag football tournament Oct. 27 at Kozlowski Field on Artillery Kaserne.

A total of 31 players from the greater Garmisch area participated in the all-volunteer event.

"As far as I know, it was the first time flag

football has ever been played here," said Paul Acri, USAG-Garmisch recreational aide and organizer of the event.

Acri used to organize flag football games in the mud of Afghanistan and Kosovo while deployed as an MWR recreational specialist.

"Everyone seemed to have a good time," he said.

Acri, who also served as referee, was supported by fellow ref Louis Walker III, and

borrowed the equipment for the ad hoc tourney from CYS Sports Director Lawrence Tindall.

The three teams making up the tourney were: the Meat Pimps, an oddball collection of AAFFES and Subway employees mixed with Soldiers from the Marshall Center and AST Garmisch; the Military Police; and the NATO School at Oberammergau.

In the first round, the Meat Pimps sizzled their way to a 46-6 grinding of the MPs.

"We got beat pretty bad" said Spec. Christopher J. Fimple, a Garmisch military policeman. "But we had a great time, it was a blast!"

After the second round at the end of four hour of play, the Pimps won the day by their win over the NATO School.

"Definitely a possibility we'll do this again," said Acri. "But it will probably have to be next year because the snow is coming soon."

Hohenfels Lil' Saints compete in playoffs

by Sgt. 1st Class ANTHONY ADAMS
Special to the Bavarian News

The Hohenfels Lil' Saints football team, ages 8-9, after a 4-1 season, competed in the first round playoffs in Grafenwoehr Oct. 20 taking on a very tough and spirited team in the Bamberg Broncos.

The Lil' Saints got off to a quick start, by scoring on their first two possessions. The Lil' Saints defense played a solid game neutralizing the Broncos and ultimately the Hohenfels Lil' Saints went on to a 31-13 victory.

On the following Saturday, the Saints competed against the Vilseck Vikings in the CYS Southern Bavaria Mighty Mite Championship football game also in Grafenwoehr.

It was a balmy, overcast Saturday afternoon, when the two teams took the field to face off in what was to be a gut-checking, grind-it-out, go-for-the-gold game. Each team put together an impressive display of play calling execution to score on their first

possession of the first quarter. In the second quarter, it was the defenses of both teams that stepped up to put the brakes on the power running game of the Saints and the quick and elusive running backs of the Vikings who had a 7-6 halftime lead.

The third quarter would prove to be hard on the Lil' Saints, as a string of four straight turnovers hindered their scoring chances. The Vikings didn't waste time in capitalizing on the costly mistakes, building a sizeable lead that was too difficult for the Saints to overcome.

The Saints defense put on a valiant display by forcing a couple of fumbles and an interception. But, in the end the Vikings held strong, leading to a 33-13 win.

The Lil' Saints started the season with 23 players and only five had ever played football before now. Everyone connected with the team is proud to have been a part of a great season of personal growth, development, determination, and courage.

Barons end cross country season strong



Bamberg High School Cross Country senior Patricia Payton, finishes strong during the DoDD's European High School Cross Country Championships at Thompkin Barracks, Heidelberg Oct. 27. Payton placed third out of 23 girls from seven high schools competing in Division III. Teammate Sean Williams placed 13th out of a field of 32 runners, in boys Division III, contributing to a fantastic overall season for the Barons.

"The team closed this season with strong performances from all team members," said Bamberg coach Kathy Thomas. "We are proud of our runners and look forward to a strong season next year as well."

Photo by Tina Williams

Place your free classified ad today! Call DSN 475-7113.

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2007 7th Army JMTC Holiday Ball
December 14, 2007
Max Reger Halle, Weiden

Buffet Dinner & Dancing
Doors open at 17:30 hrs
28 Euro per person

We welcome all DOD, Military, Civilian and Local members especially within the Grafenwoehr, Hohenfels, Vilseck and Garmisch communities. Contact the 7th US Army JMTC Protocol Office DSN 475-7145 for tickets no later than December 5th, 2007. CYS Childcare available.
Contact the USAG Grafenwoehr CYS at 470-3500 for information.

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Awards will be given to the top 2 finishers in each category and the largest participating unit.

Registration begins at 7:30
Race starts at 9:00

Free t-shirts for the first 50 registered!

For more info please contact the Sports & Fitness Office at DSN 488-2988/2482 or CIV 09422-63-2988/2483
USAG Hohenfels MWR Marketing